

# Central College Cookbook

*With Healthy Tips*







# Central College Cookbook

*A special thanks  
to those who  
submitted recipes.  
Without you this  
cookbook would  
not be possible.*

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*Dear Reader,*

*I'm Rachel Davy, a 2011 Central graduate. As I was nearing the final months of my senior year, I asked many of you for help in a project that was in line with my exercise science-health promotions major.*

*My Central experience prepared me well for the future, but there was one thing that worried me ... I couldn't cook. I've had the benefit of a meal plan the past four years (thank goodness) and before that, parents who made sure I was eating three balanced meals each day.*

*In an attempt to help me and my fellow graduates who also might not be comfortable around the kitchen, I put together this recipe book including healthy living tips. My intent was to make the final product available to current students, graduating seniors, Central alumni and anyone else wanting new recipes.*

*I received many emails and letters from people who shared my enthusiasm for this project, as a result we compiled a list of close to 300 recipes!*

*I also received support from fellow peers in creating a "Healthy Living" section where you can learn how to eat right and make healthier decisions.*

*I really enjoyed creating this book for you, and I appreciate all the help and support I had along the way!*

*Thank you,*

*Rachel Davy  
Class of 2011*





# *Central College Cookbook*

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# Healthy Tips from Central College

## **Super Foods**

*Dave Pavlat's Sports Nutrition Class, Spring 2011*

A healthy diet needs to include some very basic yet nutrient enriched foods such as:

- Colorful vegetables
- Fruits
- Whole grains
- Fat-free/low-fat milk products
- Seafood
- Poultry
- Lean meats
- Eggs
- Beans
- Nuts

## **Foods to Avoid**

*Dave Pavlat's Sports Nutrition Class, Spring 2011*

Avoid foods containing these as much as possible:

- Cholesterol
- Sodium
- Added sugars
- Trans fats
- Saturated fats

Some of the worst foods to consume:

- Anything fried
- Theatre popcorn
- Potato chips
- Sugar cereals
- White bread

## **Fun AND healthy snacks: Ideas for parents**

- Ants on a log: Celery sticks with peanut butter and raisins
- Frozen grapes: Freeze grapes the night before
- Whole-grain crackers with low-fat cheese
- Low-fat yogurt: Refrigerated or frozen
- Quesadillas: Whole-wheat tortillas and low-fat cheese
- Unsalted pretzels or air-popped popcorn
- Whole-wheat pita bread with hummus
- Fat-free/low-fat string cheese
- Banana ice: Freeze very ripe banana, put in a blender with a little ice, water and other berries
- Trail mix: Combine whole-grain toasted cereal, walnuts and dried cranberries

Ask the kids to help you prepare the snacks.

Beware: some snacks labeled fat-free may have eliminated the fat but increased sugar. Read the label!

Serve snacks in a bowl or on a plate rather than eating them from the package.

Portion snacks based on its serving size.

Craving something sweet? Reach for fruit.

In need of something salty? Try unsalted pretzels or whole-grain crackers.

## **Keep a food diary**

If you are trying to eat healthier, a diary can help you understand what it is that you are eating and why you are eating it. Perhaps you may notice a pattern that is easily fixable.

The diary should include the following:

- What you ate
- When you ate it
- Where you ate it
- How you were feeling when you ate it

An example: A Snickers bar. 2:30 p.m. At work. Very stressed.

# Energizing Foods

*Drew Ness '11*

As our lives become more and more hectic, usually that leaves us feeling more tired! Instead of reaching for an energy drink that is loaded with tons of sugar, and unhealthy chemicals, try boosting your energy in a healthy way by adding nutritious, energy rich foods to your diet!

Oatmeal: Oatmeal makes a great morning snack and is filled with lots of slow absorbing complex carbohydrates that will give you a steady source of energy throughout your day! Oatmeal is also a good source of fiber and iron, and low in fat. It's also very easy to make at home or in the office.

Almonds: Almonds are high in monounsaturated fats (good fats) and provide essential fatty acids that will give you an alert mental state. Even a single serving of about twelve nuts, is a great snack that will wake you up, and keep you going even if you're not hungry!

Yogurt: Yogurt is very rich in magnesium, and recent studies have shown that it provides an extra natural energy boost. It makes a perfect afternoon snack, and is also a great source of calcium and protein!

Fruit: Fruits are one of the best sources of carbohydrates, and they will give you a quick natural boost of energy. Fruit are a great source of vitamins, minerals, and fiber. They also are extremely accessible, you can easily grab an apple or banana on the go, and you don't even need a bag to put them in!

Popcorn: Don't get too excited, not the popcorn served in movie theatres. This is the healthy, underrated, low-fat kind. Most people don't know that popcorn is loaded with fiber, and makes you feel full for long periods of time. It is a cheap fun snack that will give you that extra boost during a long day!



# Stay Active at Work

*Alex Kleis '12*

Sitting in an office cubical everyday can really take a toll on the body. Here are a few things you can do throughout the day to get yourself up and moving!

- Park in the back of the parking lot to get a few extra steps in during the day
- Use the stairs instead of the elevator
- When you need a break during the day, take a lap around your building to stretch your muscles
- Sit on an exercise ball instead of a chair to help strengthen your abs and back
- Go talk to a co-worker instead of emailing them
- Add some push-ups, sit-ups, body squats, or any other quick exercises into your 15 minute coffee break. This will give you a quick energy boost
- Move things around in your office so you are forced to get up and move to reach them
- Walk to a different floor to use the restroom, get a drink, or get something else you need
- Take regular breaks to stretch and move your limbs when sitting all day
- Take advantage of the lunch hour to do a 30 minute cardio circuit

# Bringing the Gym Home

Russell Katz '12

There are many exercises and activities that you can do at home without using weights. Having a stability ball enables you to do many different exercises. Stability balls cost about \$30 at most sporting good stores.

*Some stability ball exercises include:*

Hamstring curls, hip extension, shoulder bridge, push-ups (with hands on ball), push-ups (with feet on ball), front plank (forearms on ball), and crunches.

*Some good body weight exercises include:*

Push-ups, decline push-ups (feet elevated on couch or bed), incline push-ups (hands on bed or sofa), front planks, side planks, cross-over crunches, lunges, squats, sit-ups (with or without feet under sofa), calf raises, jumping jacks, and of course jogging in place is great to keep your heart rate up.

*Add weight to your workouts!* A gallon jug works perfect because you can fill it and empty it depending on your strength level.

*Some exercises that can be done with a gallon jug:*

Bicep curl, military or shoulder press, lateral/linea fly's, bench press (gallon jug in each hand), squat (added weight).

All of these exercises can be done in your living room or bedroom, the best part is you can do them while watching your favorite TV show! If you do these several times a week, with lots of effort, you will undoubtedly see positive physical results.

# Healthier Cooking Ingredient Substitutions

*Natalie Gougler '12*

Here are a few substitutions you can make during cooking and baking to be healthier!

## **Ingredient:**

Butter, margarine, shortening

One egg

Ground beef

Sour cream

White flour

White rice

Bacon

Bread crumbs, dry

Cream

Fruit canned in heavy syrup

Oil-based marinades

Pasta, enriched (white)

Sugar

Table salt

Mayonnaise

Chocolate chips

Peanut butter

## **Substitute:**

Applesauce

Two egg whites

Ground turkey

Yogurt (plain)

Wheat flour

Brown rice, wild rice, bulgur or pearl barley

Canadian bacon, turkey bacon, smoked turkey

Rollled oats or crushed bran cereal

Fat-free half-and-half, evaporated skim milk

Fruit canned in its own juices or in water

Wine, balsamic vinegar, fruit juice, fat-free broth

Whole-wheat pasta

Reduce sugar by one-half, intensify sweetness by adding vanilla

Herbs, spices, citrus juices, rice vinegar

Mustard

Mini chocolate chips, dried fruit or chopped nuts

All natural peanut butter, soy butter or sesame butter



# Eating Healthy at Restaurants

*Kayla Northup '12*

How can someone stay healthy when restaurants seem to be making their dishes for dinosaurs? Here are a few things you can do when you go out to avoid packing on the extra pounds and feeling bloated!

- Drink Water--avoid sugary drinks such as: teas, lemonades, or pop
- Order something off the weight watchers menu (if they have one)
- Order something with vegetables, or fruit
- Watch your portion size, Don't eat everything they serve you because it is usually double or triple what you need!
- Avoid loading your food with condiments because they add extra calories
- If you know you are going to have dessert eat it first to avoid overeating at the end of your meal
- If ordering a salad use dressings such as vinaigrette, try to avoid the thick and creamy dressings like ranch/ceasar



*Breakfast*

## Oatmeal Pancakes

1/2 c. whole wheat flour	1/2 tsp. salt
1 1/2 c. rolled oats	1Tbsp. oil
1Tbsp. baking powder	1Tbsp. honey (optional)
1 egg, beaten	1 1/2 c. milk

Stir dry ingredients together in large mixing bowl. Add remaining ingredients and stir until well mixed. Fry on hot oiled griddle (not too hot), turning when the edges begin to get firm.

Joyce M. (Van Roekel) Schut '60

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## Protein Pancakes

1 scoop vanilla whey protein	1 packet of instant oatmeal
3 egg whites	1 tsp. of vanilla
3/4 c. skim milk	1/4 c. of reduced fat bisquick

Mix all contents in a blender till smooth. Pour into medium sized pancake on griddle. Serve with sugar free maple syrup

Cory Gilday '99

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## Five Fruits and a Vegetable Smoothie

1 c. orange juice	1 c. frozen blueberries
1 6 oz. yogurt, any flavor	1/2 c. fresh or frozen pineapple (can substitute fresh or frozen mango)
1 Tbsp. ground flaxseed	1/2 c. frozen dark sweet cherries
1 scoop vanilla protein powder	1 banana
2 c. fresh baby spinach	

Combine all ingredients in a blender. Blend, scraping down the sides of container as needed. Pour into 2 tall glasses. Enjoy!

Diane Staubus '71

## **Heart healthy pancake/waffle mix**

*Dedicated to Ivy Paul '12*

- |                        |                       |
|------------------------|-----------------------|
| 1 c. whole wheat flour | 2 eggs (optional)     |
| 1 c. quick oats        | 1 Tbsp. oil           |
| 1 3/4 c. skim milk     | 2-3 Tbsp. of flaxseed |

Smother with peanut butter

Ivan Paul

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## **Heavenly Hash Browns**

- |                             |                              |
|-----------------------------|------------------------------|
| 2 lb. hash browns           | 8 oz. sour cream             |
| 1/2 c. melted margarine     | 2 c. shredded cheddar cheese |
| 1 can cream of chicken soup | 2 c. corn flakes crushed     |
| 1 c. chopped onion          | 1/2 c. melted margarine      |

Mix first 6 ingredients in bowl. Put in 9 x 13" greased pan. Top with crushed corn flakes and drizzle with melted margarine. Bake 350° for 45 minutes.

Betty (Balder) Bollard '84

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## **Breakfast Casserole**

*Dedicated to Brittany Zern '10*

- |                             |  |
|-----------------------------|--|
| 10 eggs                     | 1 1/2 tsp. mustard                           |
| 1-2 pkg. cubed ham          | 1 Tbsp. salt                                 |
| 3 slices white bread, cubed | 1 1/2 c. grated cheese (Velveeta works best) |
| 3 c. milk                   |  |

Mix all ingredients and add ham. Pour into greased 9 x 13" pan and refrigerate overnight. Bake covered 1 hour at 350°. Uncover to brown the last 10 minutes.

Denice Zern

## Breakfast Pizza

1 can refrigerated crescent rolls (8)	1 c. shredded cheddar cheese
6 eggs, beaten	1/2 tsp. Mrs. Dash Southwest
1/2 c. diced ham or bacon crumbles	Chipotle seasoning
1 4-oz. can mushroom stems and pieces, drained	

Preheat oven to 350°. Unroll refrigerated crescent rolls and line a 12-inch pizza pan by pressing out with fingers and sealing seams and edges to cover entire pan. Combine eggs, ham or bacon, mushrooms, cheese and seasoning in a medium size bowl. Pour over crescent rolls and bake for 20-25 minutes until dough edges are browned and mixture is bubbly. Remove from oven and let set for 5-10 minutes before slicing.

Robert Froelich '75

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## Pumpkin Pancakes

2 c. all purpose flour	1/2 tsp. salt
3 Tbsp. brown sugar	1 1/2 c. milk (regular or soy)
2 tsp. baking powder	1 c. pumpkin puree
1 tsp. baking soda	1 egg
1 tsp. allspice	2 Tbsp. vegetable oil
1 tsp. ground cinnamon	2 Tbsp. vinegar
1/2 tsp. ground ginger	

Mix together milk, pumpkin, egg, oil and vinegar. Combine all the dry ingredients. Stir into pumpkin mixture just enough to combine. Heat a lightly oiled griddle over medium heat. Pour batter onto griddle and brown on both sides.

Renee (Schindler) Nygaard '97

## **Egg Bake**

*Dedicated to Rachel Davy '11 and Hannah Davy '14*

6 slices white bread with crust removed	12 eggs
1 lb. bulk sausage	1 c. milk
2 c. Kraft shredded sharp cheddar	1 tsp. salt
	1/2 tsp. pepper

Grease 9 x 13" pan. Brown sausage. Mix eggs, milk, salt & pepper in a bowl. Layer in the following order: bread, browned sausage, cheese and then pour egg/milk mixture over the top. Refrigerate overnight. Bake 1 hour at 250°.

**Zona Davy**

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## **Baked French Toast**

*Dedicated to Rachel Davy '11 and Hannah Davy '14*

1 lb loaf French bread (cut diagonally in 1 inch slices)	2 tsp. vanilla extract
8 eggs	1/4 tsp. ground cinnamon
2 c. milk	3/4 c. butter
1-1/2 c. half-and-half cream	1-1/3 c. brown sugar
	3 Tbsp. light corn syrup

Butter a 9 x 13" baking dish. Arrange the slices of bread in the bottom. In a large bowl, beat together eggs, milk, cream, vanilla and cinnamon. Pour over bread slices, cover and refrigerate overnight. The next morning, preheat oven to 350° F (175° C). In a small saucepan, combine butter, brown sugar and corn syrup; heat until bubbling. Pour over bread and egg mixture. Bake in a preheated oven, uncovered for 40 minutes.

**Zona Davy**



## Banana Muffins

1 c. white sugar	2 c. all-purpose flour
1/4 c. softened butter	1 tsp. baking soda
1 2/3 c. mashed banana (ripe)	1/2 tsp. salt
2 large egg whites	1/4 c. sour cream

Preheat oven to 350°. Combine sugar and butter in bowl; beat at medium speed until well blended. Add banana, milk, sour cream, and egg whites. Beat well. Combine flour, baking soda and salt in separate bowl. Add flour mixture to banana mixture, fold in until blended. Coat muffin pan with cooking spray. Bake for 25 minutes.

Beth (Manne) Ingersoll '03

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## Breakfast Casserole

12 eggs	3 slices of white bread
2 c. milk	1lb. bulk sausage, bacon or ham
1 tsp. dry mustard	(Buy cubed Ham)
1 tsp. salt	

Cook sausage or bacon (crumble) and drain. Beat eggs; add milk salt, and dry mustard. Grease 9 x 13" pan. Layer bread crumbs, sausage, bacon or ham, and cheese. Pour egg mixture over. Refrigerate overnight. Bake at 350° for 45 minutes. Let set a few minutes before cutting and serving. This can be mixed up and frozen, add cooking time to bake frozen casserole.

Betty (Balder) Bollard '84

## Lemon Cranberry Scones

3 c. flour	1/2 c. chopped pecans *
1 1/2 Tbsp. baking powder	1 c. dried cranberries
1 Tbsp. lemon peel (or zest of one lemon)	3/4 c. cream
1 tsp. salt	1 egg
1 c. sugar	1 Tbsp. lemon juice (freshly squeezed recommended)
1 1/2 sticks cold unsalted butter, sliced in pieces	

### Glaze:

2 Tbsp. sugar  
1 Tbsp. lemon juice

Toast the pecans. To toast, place a couple of handfuls of pecans on a cookie sheet, all faced the same way. In 350° oven, bake for 8 minutes; remove and turn them over and bake again for 8 minutes. Let them cool and then chop. Stir the flour, baking powder, lemon peel, salt, and sugar in a mixing bowl. Add the butter and beat on low until coarse meal forms. Mix in nuts and cranberries. Add the cream, egg, and lemon juice. Mix on low until all dough is moist clumps. Turn out on a lightly floured board or counter and gather dough into a ball. Divide the ball in half and press or roll each half into a 5 or 6 inch circle; cut each into 6 wedges (first cut in half, then move your knife to the left to make a diagonal cut, then to the right and make a diagonal cut). Place on a greased baking sheet or on parchment paper. Bake at 400° for 12 to 14 minutes, or until golden. Right before the first set come out of the oven, have your glaze ready. When scones come out of the oven, brush with glaze.

Eve (Benson) Vanden Broek '88

## **Ham and Potato Breakfast Casserole**

*Dedicated to Sara Hugley '11*

8 frozen hash brown patties (pre-baked for about 10 minutes according to temp on pkg.)	1 lb. cubed, fully cooked ham
4 c. shredded cheddar cheese	1 c. milk
7 eggs	1/2 tsp. ground mustard
	1/2 tsp. salt

Place hash brown patties in a single layer in a greased 9x13 baking dish. Sprinkle with cheese and ham. In a bowl, beat eggs, milk, salt and mustard. Pour over ham. Cover with aluminum foil and bake at 350° for 1 hour. Uncover, bake 15 minutes longer or until edges are golden brown and a knife inserted near the center comes out clean. Serves 8; prep time: 15 minutes plus baking time.

Roxanne Hugley

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## **Cheese and Spinach Pie**

*Dedicated to Alex Adams '06*

3 eggs or equivalent amount of Egg Beaters	1 10-oz. pkg. frozen chopped spinach, thawed and squeezed dry
2 c. low-fat cottage cheese	Black pepper and nutmeg to taste
3 Tbsp. flour	
1 c. (4 oz.) shredded sharp cheddar cheese	

Beat eggs in medium bowl. Add remaining ingredients and mix thoroughly. Pour into greased 9-inch pie dish or casserole dish and spread evenly. Bake at 350 degrees until set, about 45-50 minutes. Top should be well browned and firm to the touch.

Betty (Thompson) Adams '73

## **Healthy Muffins**

*Dedicated to Alex Adams '06*

1 c. boiling water	2 1/2 tsp. soda
1/2 c. shortening or 1 stick softened margarine	2 c. orange juice
1 c. All-Bran or Grape-Nuts	2 tsp. cinnamon
1/2 c. each white and brown sugar	2 c. oats (regular or quick, not instant)
2 1/2 c. flour	1/2 c. dry buttermilk powder
2 eggs	Dried fruit and/or chopped nuts (optional)
1/2 tsp. salt	
2 tsp. vanilla	

Place bran cereal in a heatproof bowl and pour on boiling water; set aside. Stir together flour, salt, soda, cinnamon, and buttermilk powder. In a large bowl, cream the shortening with the sugars. Beat in the eggs and vanilla, then the soaked bran. Add the combined dry ingredients and the oats alternately with the orange juice. Chopped nuts and/or raisins, dried cranberries or other chopped dried fruits may be added. Allow to rest for about 20 minutes to soften oats, then bake or refrigerate to use later (keeps for a week). Bake muffins about 15-18 minutes at 375° or until they test done. Makes about 30 muffins.

Betty (Thompson) Adams '73

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## **Yogurt Breakfast Sundae**

*Dedicated to Alex Adams '06*

In a cereal bowl, put a sliced banana or some fresh strawberries, blueberries or other fresh fruit. Top with one small carton of yogurt. Sprinkle with chopped walnuts or almonds, or a handful of Grape-Nuts.

Betty (Thompson) Adams '73

## **Yogurt Fruit Smoothie**

*Dedicated to Ali Miller '12*

1 6 to 8 oz. container low fat yogurt	1 c. frozen berries
1 c. skim milk	1-2 packets sugar substitute

Place the yogurt, milk and sugar substitute in a blender and mix until combined. While blender is still on, slowly add berries until the mixture is of the desired consistency.

Deb Miller

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## **Pumpkin Orange Muffins**

*Dedicated to Stephanie Ruzicka '11*

2 c. sugar	1 tsp. baking powder
2/3 c. shortening	1 tsp. salt
4 eggs	1 tsp. cinnamon
1 16 oz. can pumpkin	1/2 tsp. nutmeg
2/3 c. orange juice	1 c. pecans (optional)
3 1/2 c. flour	1 c. golden raisins or dates (optional)
2 tsp. soda	

Topping:

1/2 c. (one stick) butter	1/8 c. powdered sugar
3 oz. cream cheese	1 Tbsp. grated orange rind

Cream sugar and shortening; beat in eggs. Stir in pumpkin and orange juice. Combine dry ingredients and nuts. Stir only until blended with pumpkin mixture. Spoon batter into 30 muffin cups, bake at 375° for 20-22 minutes. While muffins are baking, make frosting.

Beat all frosting ingredients together until smooth. Refrigerate muffins after covered in topping. Remove muffins from refrigerator 30 minutes before serving.

Chris Ruzicka



## **Baked Oatmeal**

*Dedicated to Keith Rush '13*

1/2 c. melted butter  
3/4 c. brown sugar  
2 eggs  
2 tsp. vanilla  
1 c. milk

3 c. rolled oats  
2 tsp. cinnamon  
2 tsp. baking powder  
1/2 tsp. salt

Place the oats in a medium size bowl. Pour the milk over the oats and let soak while mixing remainder of ingredients. In large mixing bowl, beat butter and brown sugar until creamy. Add eggs and mix. Then add vanilla, cinnamon, baking powder, salt, and the softened oats. Combine until well mixed. Then, let mixture sit on counter for about 10 minutes. Preheat oven to 350°. Spray a 8 x 10" pan. Pour in oatmeal mixture and bake for 20 to 25 minutes or until golden brown or you smell the wonderful flavor. This is very good cold as well as warm.

Sheri Rush

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## **Orange Julius**

1/2 c. sugar  
3/4 c. orange juice frozen  
concentrate  
1 c. milk

1/3 c. water  
1 tsp. vanilla  
20-25 ice cubes – or more

Put all ingredients, except ice cubes, in a blender container. Set blender on "low" speed and beat or blend. Mix ingredients for about 30 seconds. Set blender dial on "high" speed and frappe or liquefy. Drop one ice cube in at a time through the hole in the lid of the blender. Add ice cubes until mixture is very slushy and thick. Stop blender and stir the mixture occasionally. Blend a little longer, adding ice cubes, if it will take any more.

Carol (Franken) Mapes '68

## **Best Strawberry Banana Smoothie**

*Dedicated to Ashley Tapper '11*

4 large strawberries, fresh or frozen	5 ice cubes
1/2 c. milk	1 1/2 tsp. Sugar (optional)
1 ripe banana	

Combine strawberries, milk, banana, and ice. Blend until perfectly smooth. Add sugar. Blend for one minute.

Cindy Tapper

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## **Banana Nut Muffins**

*Dedicated to Ashley Tapper '11*

1 1/2 c. flour	1/4 tsp. ground nutmeg
1 c. chopped walnuts	2 ripe bananas mashed
1/2 c. toasted wheat germ	3/4 c. milk
1/2 c. brown sugar	5 Tbsp. melted butter
1 Tbsp. baking powder	1 egg
1 tsp. cinnamon	Cinnamon-Sugar (optional)
1/2 tsp. salt	

Preheat oven to 400°. Line muffin pan with 12 paper liners or coat each with cooking spray.

Mix flour, walnuts, wheat germ, brown sugar, baking powder, cinnamon, salt and nutmeg in large bowl. Stir in bananas, milk, butter and egg. Mix just until blended

Using ice cream scoop, fill muffin cup evenly with batter. Sprinkle with cinnamon-sugar if desired.

Bake muffins until a toothpick inserted in the centers comes out clean.

Cool one minute, then remove from the muffin pan and cool on wire rack.

Cindy Tapper



# *Breads*

## Banana Bread

3/4 c. butter or oleo	1 tsp. soda
1 1/2 c. bananas mashed	1 tsp. salt
1 1/2 c. sugar (Alt. option would be	1 tsp. baking soda
1 c. Splenda and 1/2 c. sugar)	1/2 c. buttermilk (or milk with
2 eggs	2 Tbsp. vinegar)
1 tsp. vanilla	1/2-1 c. chopped walnuts (optional)
2 c. flour (substitute, 1 c. white	
all-purpose flour, 1 c. wheat flour)	

Cream butter then add sugar and cream well. Blend in bananas, eggs and vanilla. Sift together flour, salt and sodas and add alternately with buttermilk, blending all together well. Pour into greased and floured loaf pan and bake at 350° for 1 1/2 hours.

Diane (Van Weelden) Schuring '72  
Renee (Schindler) Nygaard '97  
(Carolyn Veldhuizen) Wassenaar '73  
Chris Ruzicka

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## Buttermilk Biscuits

Sift together:

3 c. all purpose flour	1/8 tsp. baking soda
4 tsp. baking powder	1 1/2 tsp. salt

Cut in 1/2 c. crisco or butter. Add 1 1/2 c. buttermilk and mix well. Roll out on floured board to 1/2" thick cut with biscuit cutter. Bake at 450° for 10-15 minutes until golden brown on top

Renee (Schindler) Nygaard '97

## Gluten Free Banana Bread

1 c. soy flour	1/2 tsp. salt
1/2 c. potato starch flour	1/3 c. shortening
1/4 c. brown rice flour	2/3 c. sugar
1/2 tsp. xanthan gum	2 eggs (well beaten)
1 tsp. baking soda	2 mashed bananas (very ripe)
1 1/4 tsp. cream of tartar	1/2 c. chopped nuts (optional)

Preheat oven to 350°. Grease an 8 1/2" x 4 1/2" loaf pan. In a medium bowl, whisk together the flours, xanthan gum, baking soda, cream of tartar and salt. Set aside. In a mixing bowl, cream shortening. Gradually add the sugar, beating until light and fluffy. Add the well-beaten eggs. Beat well. Add the dry ingredients alternately with the mashed bananas, a small amount at a time, beating after each addition until smooth. Stir in the chopped nuts (if used). Pour into prepared pan and bake 1 hour.

Joan (VanderPol) Craig '56

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## Date Nut Bread

1 c. boiling water	1 large egg
8 oz. chopped dates	2 1/4 c. flour, stir before measuring
2 Tbsp. butter	1 Tbsp. baking powder
3/4 c. granulated sugar	1/2 tsp. salt
1/4 c. brown sugar	1/2 c. chopped walnuts or pecans

Grease a 9x5x3-inch loaf pan or 3 to 4 small loaf pans. Pour boiling water over dates in a medium bowl; add butter and set aside until completely cool. With mixer, beat sugars and egg until light. In another bowl, combine the flour, baking powder, and salt. Add to the sugar mixture, alternating with the date and water mixture. Stir in chopped nuts. Bake at 325° for 45 to 55 minutes, or until a wooden pick inserted in center comes out clean.

Bernys (Leusink) Sutphen '62

## **Two-Can Corn Cake**

*Dedicated to Sara Hugley '11*

- |  |                            |
|--|----------------------------|
| 1 (15 1/2 oz.) can cream-style corn          | 1 small carton sour cream  |
| 1 (15 1/2 oz.) can kernel corn, half drained | 1 box Jiffy corn bread mix |
| 2 eggs, beaten                               | 1 stick margarine, melted  |
|  | Salt and pepper to taste   |

Directions: Mix all ingredients together. Place in large casserole dish. Bake at 350° for 60-65 minutes.

Roxanne Hugley

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## **Pumpkin Bread Recipe**

*Dedicated to Drew Osier '13*

- |                            |  |
|----------------------------|--|
| 3 1/2 c. all-purpose flour | 2 c. white sugar                                   |
| 1 tsp. salt                | 3 eggs   |
| 2 tsp. baking soda         | 2 1/2 c. cooked and mashed pumpkin (can use puree) |
| 1 tsp. ground cinnamon     | 1 c. vegetable oil or 1 c. applesauce              |
| 1/2 tsp. nutmeg            | 1 c. raisins (optional)                            |
| 1/2 tsp. ground ginger     |  |
| 1/2 tsp. ground cloves     |  |

Prepare two 9 x 5" bread pans by greasing and lightly flouring them. Preheat oven to 350°. Combine flour, salt, baking soda, cinnamon, nutmeg, ginger, cloves and sugar in a large mixing bowl. Stir well until all spices are blended throughout. Add raisins and stir to blend. Add the pumpkin, eggs and oil to the dry ingredients. Beat well until all dry ingredients are moistened. Pour the batter and distribute equally into prepared bread pans. Bake approximately 50-60 minutes or until toothpick inserted in the center comes out clean. Do not over bake or loaves will be dry. Remove from oven and turn out loaves from pans to cool on wire rack or dish towel.

Vicki Osier

## Honey Oat Quick Bread

*Dedicated to Dillon Thornbury '14*

2 Tbsp. AND 1 c. old-fashioned  
rolled oats or quick-cooking oats,  
(not instant) divided  
1 1/3 c. whole-wheat flour  
1 c. all-purpose flour  
2 1/4 tsp. baking powder  
1/4 tsp. baking soda

1 1/4 tsp. salt  
8 oz. nonfat plain yogurt  
1 large egg  
1/4 c. canola oil  
1.4 c. honey  
3/4 c. skim milk

Position rack in middle of oven; preheat to 375°. Generously coat a 9 x 5" inch loaf pan with cooking spray. Sprinkle 1 Tbsp. oats in the pan. Tip the pan back and forth to coat the sides and bottom with oats. Thoroughly stir together whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Using a fork, beat the remaining 1 c. oats, yogurt, egg, oil and honey in a medium bowl until well blended. Stir in mildly. Gently stir the yogurt mixture into the flour mixture just until thoroughly incorporated but not over mixed. Immediately scrape the batter into the pan, spreading evenly to the edges. Sprinkle the remaining 1 Tbsp. oats over the top. Bake the loaf until well browned on top and a toothpick inserted in the center comes out clean, 40 to 50 minutes. Let stand in the pan on a wire rack for 15 minutes. Run a table knife around and under the loaf to loosen it and turn it out onto the rack. Let cool until barely warm, about 45 minutes.

**Pam Thornbury**



*Dips*



## Spinach Artichoke Dip

2 10-oz. frozen spinach  
3 Tbsp. butter  
1 c. onion  
1 Tbsp. garlic  
1 oz. cream cheese

1 8-oz. can artichoke hearts  
1/2 c. heavy cream  
1 1/4 c. parmesan cheese  
1 tsp. of salt and pepper each  
1/2 c. shredded Monterey jack

Cook spinach according to package. Squeeze out excess water and chop. Meanwhile sauté onion, garlic, and butter in skillet until caramelized. Stir in cream cheese until melted. Mix in spinach, artichokes, cream, parmesan, salt and pepper. Pour baking dish and cover with Monterey jack cheese. Bake in 350° oven until cheese is melted and golden brown.

Renee (Schindler) Nygaard '97

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## Spinach Dip

*Dedicated to Jessica DeBruin Winegar '06*

1 envelope Lipton vegetable  
soup mix  
1 16-oz. sour cream  
1/2 c. mayonnaise  
1/2 tsp. lemon juice

1 10-oz. frozen chopped spinach,  
thawed and squeezed dry  
1 8-oz. water chestnuts, sliced,  
drained

Blend soup mix, sour cream, mayonnaise, and lemon juice. Stir in spinach. Chop water chestnuts. Add to dip mix. Chill for 1 hour before serving, may need to mix prior to serving.

Scott '79 and Deb (Schneider) DeBruin '84

## 6-layer Mexican Dip

1 large can low-fat refried beans	16 oz. low-fat sour cream
2 small cans sliced black olives	Large jar of your favorite salsa
2 c. Mexican-mix-style shredded cheese	3 or 4 green onions, chopped

Layer ingredients in order listed above, sprinkling or spreading each layer over the previous one. If you're serving the dip at home, assemble it on a pretty round platter. If you're taking it elsewhere, use a large round or 9 x 13" plastic ware container with a lid. Chill before serving, unless your guests will be eating it right away. (Because of the sour cream, do not leave it out more than 90 minutes or 2 hours max.) Serve with sturdy Mexican-style dipping chips, or skip the chips and eat with a spoon.

Diana Nollen '80

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## BLT Dip

1 pkg. (8 oz.) cream cheese, softened	1/2 c. finely chopped celery
1/2 c. ranch salad dressing	2 Tbsp. finely chopped onion
1 medium tomato, seeded and diced (about 3/4 c.)	1 tsp. sugar
6 bacon slices, crisply cooked, drained and chopped	Cocktail bread slices or crackers

Mix cream cheese and ranch dressing. Add tomato, bacon, celery, onion and sugar to cream cheese mixture; mix well. Cover; refrigerate at least 3 hours to allow flavors to blend. Serve with cocktail bread or crackers.

Christa (Comfort) Marchant '99

## Tex-Mex Corn Dip

- |                                 |                              |
|---------------------------------|------------------------------|
| 2 cans Mexi corn (drained)      | 2 c. shredded cheddar cheese |
| 2 cans Rotel tomatoes           | 8 oz. sour cream             |
| 3 Jalapenos (chopped, no seeds) | 1/4 tsp. salt                |
| Bunch of green onions, chopped  | 1/4 tsp. garlic salt         |
| 1 – 8oz. cream cheese           |                              |

Combine all ingredients and let flavors blend for a couple of hours before serving.

Diane (Van Weelden) Schuring '72

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## Spicy Corn Dip

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 3 cans Mexi-Corn (well drained) | 1/2 jar of sliced jalapeño peppers, |
| 1 c. mayo (I use Hellmans)      | finely chopped                      |
| 1 c. sour cream                 | 3-4 green onions, thinly sliced     |
| 1 pkg. shredded Mexican cheese  |                                     |

Mix all ingredients together and serve with tortilla chips, crackers, Fritos, etc.

Glenda Masteller '89

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## Fruit Dip

*Dedicated to Jessica DeBruin Winegar '06*

- 1 carton yogurt, strawberry or mixed berry
- 1 8-oz. Cool Whip
- 1 small package instant white chocolate pudding mix

Mix yogurt and Cool Whip. Add pudding. Mix well. Serve chilled with fresh strawberries.

Scott '79 and Deb (Schneider) DeBruin '84

## Senegalese Peanut Sauce (Sauce d'Arachide)

2 Tbsp. oil	2 c. tomatoes, peeled, seeded and chopped
2 lb. stewing beef, cut into cubes	1-2 c. water or stock
1 Onion	1 c. natural, unsalted peanut butter
3-6 cloves garlic, minced	Salt and pepper - to taste
1 Tbsp. ginger (optional) minced	
2 Tbsp. tomato paste	

Heat the oil in a large pot over medium-high flame. Add the beef and sauté until lightly browned on all sides, 5-6 minutes. Remove to a bowl and set aside. Add the onion to the oil in the pot and sauté until translucent, 3-4 minutes. Stir in the garlic and ginger and sauté another 1-2 minutes. Return the beef to the pot, stir in the tomato paste and cook for about 1 minute. Stir in the chopped tomatoes and bring to a boil. Reduce heat to medium-low and simmer for 8-10 minutes to reduce the volume of the tomatoes. Add enough water or stock to loosen the dish to a stew-like consistency. Simmer for another 10 minutes. Stir in the peanut butter, salt and pepper and simmer for another 40 minutes, or until the beef is tender and oil rises to the surface of the dish. Add water as necessary to keep the dish stew like. Adjust seasoning and serve over rice or couscous.

### Variations:

Use chicken pieces instead of beef.

When you add the water or stock, stir in some vegetables such as cabbage, yams, squash, okra, eggplant, potatoes, peppers or carrots if you like. Some recipes call for cooking the peanut butter with the tomato paste, before adding the chopped tomatoes.

Bill Snyders '95

## **Fresh Mexican Salsa**

*Dedicated to Jennifer Darnille '06*

8 ripe, firm tomatoes (diced)	1/2 bunch fresh cilantro
1 medium onion (chopped)	(finely chopped)
1 fresh jalapeno pepper	2 limes (juiced, optional)
(finely chopped)	Salt
2 cloves garlic	

Add tomatoes, onion, pepper, garlic, and cilantro into a large bowl. Add lime juice if desired. Add salt to taste. Serve with tortilla chips or eat with tacos.

Variation: All ingredients can be put in a blender and pureed. We make our salsa with 2 jalapeno peppers.

Michelle Vobr '06

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## **Black Bean Mango Salsa**

15 oz. black bean, canned, rinsed and drained (1 can)	3 clove garlic, minced
1 c. corn, golden, whole kernel	2 Tbsp. fresh cilantro, (or 1 tsp. dried)
1 avocado, peeled and chopped	1 Tbsp. olive oil
1 mango, peeled and chopped	3 Tbsp. red wine vinegar, Organic
1 small onion, red, chopped	2 lime-yield lime juice, juice of 2 limes
6 tomato tomatoes, small	

Combine beans, corn, chopped tomatoes and onion in a large bowl. Whisk together lime juice, olive oil, vinegar, garlic and cilantro in a small bowl. Mix chopped avocado and mango with dressing. Add dressing mixture to the other ingredients. Toss gently to combine. Eat immediately or refrigerate until serving (salsa becomes more flavorful if chilled a few hours).

Jerilyn (Crow) Korver '04



## Easy Guacamole

2 ripe avocados  
1/2 tsp. salt

1 Tbsp. lemon juice  
1 small tomato

Cut the avocado in half, remove the pit and skin with a spoon. In a bowl combine salt, lemon juice, and avocado, mash together with a fork. Add in chopped tomato. Let chill for 10-15 min. and enjoy!

Kristin Brodie '10

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## Holy Guacamole!

Mix together in a festive bowl:

2 avocados, medium-diced  
1 1/2 Tbsp. fresh-squeezed  
lemon juice  
1-2 finely chopped cloves of garlic  
1 tsp. basil  
1/2 c. finely diced red pepper  
2 Tbsp. of red salsa

1 1/2 Tbsp. of slivered almonds  
(lightly toasted is best)  
2 Tbsp. medium-diced green onion  
(=about one onion, use both  
green & white parts)  
1/2 tsp. of salt

Garnishes: the avocado pit (to keep the avocado from turning brown), halved cherry tomatoes, sour cream, fresh cilantro.

Barb Lubach '76

Kris (Dieleman) Gandrow '85



## **Texas Caviar**

*Dedicated to Jessica DeBruin Winegar '06*

4-5 Roma tomatoes, chopped	1 can shoe peg corn drained
1 Onion, chopped	1 can black beans, rinsed and drained
1 Green bell pepper, chopped	1 small bottle Italian dressing
1 Red bell pepper, chopped	
1 Yellow bell pepper, chopped	

Toss together and refrigerate. Serve with tortilla chips, can also use as spice for omelettes or beef or chicken casseroles.

Scott '79 and Deb (Schneider) DeBruin '84

*Soup  
&  
Salad*

## **Fruit Salad**

*Dedicated to Rachel Davy '11 and Hannah Davy '14*

Dressing:

2 egg yolks

2-1/2 Tbsp. sugar

1 Tbsp. flour

1/4 c. milk

1/2 c. pineapple juice (juice from  
crushed pineapple)

1/4 tsp. salt

Mix in a pot on the stove until thick. Let cool.

Add:

2 c. whipped whipping cream,  
1 large can fruit cocktail, 1 large  
can mandarin oranges

1 can crushed pineapple  
1 lb bag mini marshmallows

Refrigerate overnight.

Zona Davy

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## **Cheese Soup**

*Dedicated to Casey Wilson '14*

2 lbs. frozen California Vegetables

3 cans fat free Chicken Broth

1 can Ro-Tel tomatoes (or 1 can diced tomatoes for a milder version)

10 oz. Light (2%) Velveeta cheese cut into squares

Bring all ingredients except Velveeta to a boil, simmer 45 minutes. Turn down heat to simmer, stir in Velveeta until melted.

Melinda Wilson

## Pepper Bean Salad

Serves: 8-10 as a side dish

1 15-oz. can black beans, rinsed  
and drained  
1 15-oz. can kidney beans, rinsed  
and drained (dark red or red)  
1 15-oz. can pinto beans, rinsed  
and drained  
1 15-oz. bag super sweet frozen  
niblet corn or 2 c. fresh corn on  
the cob kernels

1 Red onion, chopped  
2 Garlic cloves, chopped  
1 Red bell pepper, seeded  
and chopped  
1 Green bell pepper, seeded  
and chopped  
2 Jalapeno peppers, seeded  
and chopped

### Dressing:

1/2 c. chopped, fresh cilantro  
(or 2 Tbsp. dried Cilantro)  
1 tsp. ground cumin  
1 tsp. ground pepper

1 tsp. sea salt  
1/4 c. canola oil  
1/2 c. red wine vinegar  
2 limes, juice of (1/2-1/3 c.)

In a large bowl, combine the beans, corn, onion, garlic, bell peppers and jalapeño well. Combine the cilantro, cumin, pepper, sea salt, oil, vinegar and lime juice in a container with a lid. Shake well to mix thoroughly. Right before serving, pour the dressing over the salad and toss to coat.

Eve (Benson) Vanden Broek '88

## Greek Potato Salad

10 medium white all-purpose potatoes  
1/3 c. olive oil  
1 1/2 tsp. salt  
1 bunch scallions (green onions)  
1 c. loosely-packed spearmint

1 pint cherry tomatoes  
Juice of 1 1/2 freshly-squeezed medium lemons  
6 hard-boiled eggs; reserve 1 for decoration

Boil potatoes with skins on till done. Cool. Remove skins and cut potatoes in small pieces in large mixing bowl. Drizzle 1/3 c. olive oil over potatoes to coat. Stir. It is important to put oil on first because you want potatoes to "drink" the oil. Next, add salt and mix. Add chopped scallions and cut-up spearmint and mix. Add cherry tomatoes, halved. Mix. Add lemon juice and mix. Add 5 sliced eggs, gently mixing. Display reserved egg slices over top. Enjoy!

Paul Nichols '99

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## BBQ Chili with Corn

1 lb lean ground beef	1 box (9 oz.) frozen corn
1 large onion	1 Tbsp. chili powder
1 can (22 oz.) southern bite BBQ grilling beans	1 tsp. ground cumin
1 can (14.5 oz.) fire roasted tomatoes	1/2 c. shredded Cheddar cheese
1 can (8 oz.) tomato sauce	2 c. corn chips

In heavy 3-quart saucepan, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in remaining ingredients except cheese and corn chips. Heat to boiling; reduce heat. Simmer uncovered 5 to 10 minutes, stirring occasionally, until corn is tender. Top individual servings with cheese and corn chips.

Jen (Vogt) Phillips '01

## Turkey Chili

1 lb ground turkey	1 16-oz. cans red kidney beans
1 Small onion, chopped	1 16-oz. can black beans
1 Small box of mushroom, sliced	2 Tbsp. chili powder
1 clove of garlic, minced	1 Tsp. dried basil
1 14.5-oz. can diced tomatoes	1 Tsp. dried thyme
1 14.5-oz. can crushed tomatoes	1/2 Tsp. sea salt
1 8-oz. can tomato sauce (with Italian herbs)	1/2 Tsp. white pepper

In large kettle, cook ground turkey, onion, mushrooms and garlic until meat is browned. Drain off any fat. Stir in undrained tomatoes and beans, tomato sauce, and all seasonings. Bring to a boil; reduce heat. Cover and simmer about 20 minutes.

Can be garnished with corn chips, shredded cheese and/or sour cream. You can exchange the mushrooms for chopped green peppers. You can exchange the turkey for ground beef (use cracked black pepper in that case). It can easily be frozen into single servings and reheated so you have future meals.

Kristine (Cox) Ward '85

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## Lettuce Salad

2 T lemon juice	1/8 t cinnamon
2 Tbsp. vinegar	1/8 t nutmeg
2 Tbsp. oil	1 red apple, chopped
4 1/2 t brown sugar	1 green apple, chopped
1 tsp. Dijon mustard	6 c. torn red lettuce
1/8 t salt	6 c. torn green lettuce

Combine dressing items and toss with apples and lettuce. Chill and serve.

Diane (Van Weelden) Schuring '72



## Wonderful Waldorf Salad

16-oz. container AE low fat  
vanilla yogurt  
1 to 2 tsp. lemon juice  
1 crisp red apple such as Braeburn,  
Honey Crisp or Red Delicious

1 crisp green or yellow apple such as  
Granny Smith or Yellow Delicious  
1 rib celery  
1/3 c. dried cherries  
1/3 c. chopped pecans

Toast pecans over low heat and set aside to cool. Rinse, core and chop apples and drizzle with lemon juice, rinse celery and slice, and add to apple mixture. Gently fold in yogurt and refrigerate. When-ready to serve, stir in dried cherries and toasted pecans.

Diane (Van Weelden) Schuring '72

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## Nygaard Asian Salad

Chop:

1 head Romaine lettuce  
2 heads of bok choy  
3-4 green onions  
Chopped almonds (toasted- good!)

Add:

1/2 bag of shredded carrots  
1/2 bag shredded red cabbage  
Sesame seeds

Dressing (Nobu Watercress Dressing):

About 1 c. Watercress  
1/2 c. rice vinegar

1/4 c. grape seed oil  
Sea salt, ground pepper to taste

Blend all ingredients of dressing and toss with salad.

Renee (Schindler) Nygaard '97

## Wild Rice and Chicken Soup

(Wild turkey or pheasant tastes wonderful with this recipe also.)

1/2 c. uncooked wild rice (or box of seasoned wild rice)	1 clove of minced garlic
1 1/2 c. water	3 Tbsp. butter or margarine
2 green onions, thinly sliced	1/4 c. flour
8 oz. sliced mushrooms	1 quart chicken broth
1 pound chicken breast fillets, chopped	1 c. whipping cream or half and half
	2 Tbsp. dry sherry
	White pepper - to taste

Rinse wild rice 3 times in hot tap water. Combine rice and water in medium saucepan; mix well. Bring to a boil; reduce heat. Simmer, covered, for 35 to 45 minutes or until rice is tender. Sauté green onions, mushrooms, chicken and garlic in butter in medium saucepan for 5 to 7 minutes or until vegetables are tender. Stir in flour. Cook for 2 minutes, stirring constantly. Add broth; mix well. Bring to a boil. Cook until thickened, stirring constantly. Stir in wild rice, cream and sherry. Cook until heated through, stirring frequently. Season with white pepper. May freeze for future use if desired

Diane (Van Weelden) Schuring '72

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## Nana's Minestrone Soup

Sauté 1 med onion, chopped in 2 Tbsp. olive oil. Add 2 large cans tomato sauce. Add 2 c. water, package frozen spinach, salt and pepper. Add 1 Tbsp. sugar and 4 beef bouillon cubes (or veggie granules).

Add: 1 can chick peas, 1 can kidney beans, 1 c. cut green beans, 1 c. diced carrots, 1 c. peas (frozen). Simmer for one hour, add water if necessary then add any kind of pasta you want, cook right in the soup. Serve with grated Romano cheese.

Renee (Schindler) Nygaard '97

## Tuscan Pasta Salad

Chop and steam one by one, then let cool:

8 medium carrots	2 red peppers
5 slender zucchini	1/2 lb. green beans.

Rub 1 lb. chicken breast with olive oil, season with salt, thyme and pepper. Roast at 350 degrees for 30 minutes. Cool and slice in julienne strips.

Shake following ingredients for dressing in jar:

3/4 c. olive oil	1 Tbsp. chopped fresh thyme
3-4 Tbsp. red wine vinegar	Salt and pepper
3 cloves crushed garlic	

Add all ingredients to 1 lb. cooked pasta (bowties, rotini, any fun type will do!) and toss with dressing. Serve room temperature or cold.

Renee (Schindler) Nygaard '97

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## Curried Red Lentil & Swiss Chard stew with Garbanzo Beans

2 Tbsp. olive oil	1 pound red lentils (or)
1 Large onion chopped	regular lentils
5 tsp. curry powder	1 15 oz. can Garbanzo beans
1/4 tsp. Cayenne pepper	1 Carrot diced
3-14oz. cans vegetable broth	1 Rib of celery diced
1 large bunch Swiss chard coarsely chopped, tough stalks removed	

Heat oil, sauté onion until golden (13 min or so). Mix curry & cayenne. Add broth and chard. Increase heat. Add lentils and garbanzo, reduce heat to medium. Cover and cook until lentils are tender, about 1.5 hours, stirring occasionally. May add pasta to mixture (increase broth or water if doing so).

Renee (Schindler) Nygaard '97

## Roasted Beet, Fennel and Arugula Salad

3 medium beets, red or gold	1 Tbsp. shallots, diced
1/4 c. extra virgin olive oil	1 med bulb fennel
2 Tbsp. fresh lemon juice	6 c. arugula
1/4 tsp. sugar	4 oz. soft goat cheese
1 Tbsp. chives, finely minced	Salt and pepper to taste

Preheat oven to 350°. Wash beets, remove tops and cut in half. Place in a small baking dish, Add 2 tsp. olive oil, salt and pepper, toss to coat. Cover and bake for 45 minutes. Let beets cool, peel off skin and cut into bite size wedges. Whisk together remaining olive oil, lemon juice, sugar, chives and shallots. Season with salt and pepper. Add 2 Tbsp. of dressing to beets and toss to coat. Cut fennel bulb in half and remove the core. Thinly slice fennel and transfer to large bowl. In the large bowl with fennel, add arugula and remaining dressing. Toss, place on plate, scatter with beets and goat cheese.

Renee (Schindler) Nygaard '97

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## Delita Militello's Beef Stew

2 lbs cubed beef stew meat	3-4 carrots, diced into 1" pieces
3-4 Tbsp. olive oil	Can crushed tomatoes
1 onion, cut in 1/2 and sliced	3-4 potatoes, cubed
3-4 cloves crushed garlic	1 bag frozen peas
3-4 Tbsp. chopped fresh parsley	

Fry beef, onion, garlic and carrots in oil until brown in large skillet. Add parsley, tomatoes, salt, pepper (and hot pepper if you like). Cover and cook on low for 1 1/2 hours. Add potatoes and cook 30 minutes. Add frozen peas and cook until done. Serve with warm biscuits!

Renee (Schindler) Nygaard '97



## **Pistou Soup with Garden Vegetables**

4 Tbsp. extra virgin olive oil	8 c. chicken or veggie stock
1 c. diced carrots	2 Tbsp. champagne vinegar
2 c. chopped leeks (white part only)	(or white wine)
1 1/4 tsp. salt	1 bunch chopped fresh basil leaves
Fresh ground pepper to taste	2 cloves garlic, minced
1 c. diced yellow squash	1 Tbsp. freshly grated Parmesan or
1 c. diced red pepper	Romano cheese
1 can diced tomatoes, drained	1 bunch green onions, chopped

In soup pot, sauté carrots and leeks in 2 Tbsp. olive oil for 3-4 minutes. Season with salt and pepper to taste. Add squash, peppers and tomatoes, sauté for 4-5 minutes until soft. Add stock, reduce heat to med-low and simmer for 20 minutes.

In food processor, chop basil for 1 minute. Add 1/4 tsp. salt, 1 Tbsp. cheese, and blend. Add remaining 2 Tbsp. olive oil and reserve.

Add green onions to soup and cook 2-3 minutes. Stir in basil pistou and serve immediately. Garnish with grated Parmesan/Romano cheese.

Renee (Schindler) Nygaard '97

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## **Strawberry Spinach Salad**

1 bag of fresh baby spinach leaves	2 green onions, chopped
1 small container of fresh strawberries, sliced	1/4 c. honey roasted almonds

Dressing:

1/4 c. white sugar	1/2 c. olive oil
1 tsp. salt	1 Tbsp. poppy seeds
1/3 c. white wine vinegar	

In large bowl toss the strawberries, spinach, green onions and almonds. Mix the dressing ingredients in covered container and shake well. Pour over salad, toss and serve.

Stephanie (Gerdes) Hietbrink '01

## Slow-Cooker Chicken Tortilla Soup

- |   |                           |
|---|---------------------------|
| 1 lb shredded cooked chicken            | 1 tsp. cumin              |
| 1 can diced tomatoes                    | 1 tsp. chili powder       |
| 1 10 oz. can enchilada sauce            | 1 tsp. salt               |
| 1 med onion, chopped                    | 1/4 tsp. black pepper     |
| 1 4 oz. can chopped green chili peppers | 1 bay leaf                |
| 2 cloves garlic, minced                 | 1 pkg. frozen corn        |
| 2 c. water                              | 2 Tbsp. cilantro, chopped |
| 2 14.5 oz. cans chicken broth           | Tortilla chips            |
| 1 can black beans, drained              | Shredded cheese           |

Place everything except chips and cheese in slow cooker, cover and cook on low setting for 6-8 hours or on high setting for 3-4 hours. Garnish with tortilla chips, cheese, etc.

Renee (Schindler) Nygaard '97

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## Italian Sausage Stew

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1 lb. Italian sausage, sliced | 2-3 zucchini, cubed             |
| 1/2 c. onion, chopped         | Small can tomato paste          |
| 1/2 green pepper, chopped     | Salt, pepper, oregano, touch of |
| 2-3 garlic cloves, crushed    | cinnamon and sugar              |
| 2-3 potatoes, cubed           | Bay leaf                        |

In skillet fry sausage until done. Remove sausage and drain excess fat, but leave enough to sauté onion, green pepper and garlic in. Sauté until soft.

Add tomato paste and spices, except bay leaf.

In separate pot boil potatoes and bay leaf. Add zucchini when potatoes almost done. Add sausage and sauce mixture and cook for 15 more minutes. Taste and adjust seasonings.

Renee (Schindler) Nygaard '97



*(Turkey Soup..)*

## Grandma Betty's Hamburger Soup

6 c. water

1 pound hamburger (browned)

*(or Turkey meat)*

*1/2 onion*

5-6 potatoes, diced

1 can tomato soup

*3-carrots*

Put water in large pan and crumble the hamburger in the water. Stir in soup and add cut potatoes. Season with salt and pepper. Add 2 bay leaves and a beef bouillon cube for flavor while cooking. Bring to boil and cook on low until potatoes are done. Enjoy!

Betty (Balder) Bollard '84

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## Potato Soup

8 c. peeled, sliced potatoes

4 c. water

1 Tbsp. and 1 tsp. salt

Cook together until potatoes are soft, keep the liquid

2 small onions, sliced

2 Tbsp. oil

Sauté until onion is soft, add to the potato pot

8 springs parsley, chopped

4 c. milk

1/2 tsp. pepper

1/2 tsp. garlic powder

Add to potatoes and onions. Puree in batches in a blender OR use immersion blender.

Regan (Brandon) Brady '80

## Carrot Soup with Ginger

2 T minced fresh ginger  
1 small onion, chopped  
2 Tbsp. olive oil

2 c. water  
1 1/2 lb. carrots  
1 c. orange juice

In large saucepan over medium heat, cook onions and ginger in oil until onions are transparent. Add water and carrots and continue to cook until carrots are soft. Add juice and process in blender or food processor. Season to taste. You can also substitute butternut squash for the carrots.

Pat Westphal  
Professor Emerita of French

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## Chopped Lettuce Salad

*Dedicated to Jessica DeBruin Winegar '06*

1 head lettuce, finely chopped  
1 can black olives, chopped  
1 onion, finely chopped  
2 packages pepperoni slices,  
finely chopped

1 bottle Italian dressing  
Radishes, finely chopped (optional)

Mix lettuce, olives, onions, pepperoni and radishes. Add dressing.

Scott '79 and Deb (Schneider) DeBruin '84

## **Colossal Chopped Salad**

*Dedicated to Mathew Petty '02, Laura (Petty) Wickham '04, Jessica Petty '05, Katie Petty '08*

1 pkg. (16 oz.) uncooked pasta	1 tomato
1 head of romaine lettuce	1 grated carrot
2 c. diced cooked chicken	1 can sliced black olives, drained
1/2 c. sliced red onions	1/2 c. grated fresh parmesan cheese
1 zucchini	

For topping use either Italian or ranch dressing (over individual servings)

Lynne Petty

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## **Speedy Gonzales Black Bean Soup**

*Dedicated to Alex Adams '06*

Two cans black beans, rinsed and drained	1/2 tsp. dried garlic flakes
2 tsp. dried cilantro	1/2 c. prepared salsa
One can low-sodium chicken broth	1/2 tsp. fresh lime juice

In saucepan, mash beans slightly, then stir in broth, salsa and seasonings. Heat to simmering. If desired, garnish with shredded cheese or crumbled tortilla chips.

Betty (Thompson) Adams '73

## Hearty Italian Soup

*Dedicated to Ali Miller '12*

8 oz. cooked Italian Turkey Sausage	1 Tbsp. chicken bouillon granules
1 medium onion, chopped	1/2 tsp. garlic powder
1 medium green pepper, chopped	3 oz. uncooked macaroni
28 oz. can tomatoes	1 tsp. oregano or Italian Herb Blend
15 oz. can tomato sauce	4 oz. shredded Mozzarella Cheese
2 c. water	

Mix together all ingredients, except macaroni and cheese in a large pot. Bring to a boil and simmer for 15 minutes. Add macaroni and simmer for another 12-15 minutes. Makes 4 servings. Top each serving with 1 oz. shredded cheese. Refrigerate leftovers.

This soup gets even better the second day. I often make it ahead to let all of the flavors blend overnight.

Deb Miller

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## Vegetable Soup

1 lb ground beef or turkey	3 carrots, sliced thick
1 envelope beefy onion soup mix	1 46 oz. V-8 juice
3 potatoes, cubed	1 10 oz. frozen peas
2 stalks celery with tops	1 10 oz. frozen corn
1/2 C barley	8 C water

Brown meat and then add the rest.

Shirley (Van Konyneburg) Borgman '55

## Bean Salad

*Dedicated to Dustin Pals '11*

- |  |                             |
|--|-----------------------------|
| 1 can green beans, drained   | 1 c. sliced celery          |
| 1 can wax beans, drained   | 1/2 c. chopped onion        |
| 1 can kidney beans, drained  | 1/2 c. vegetable oil        |
| 1 can black beans, drained   | 2/3 c. sugar                |
| 1 can sliced carrots, drained  | 2/3 c. vinegar              |
| 1 can sliced olives (green or black,<br>or both, your choice), drained | 1/2 tsp. mixed pepper blend |
| 1 jar button or sliced mushrooms,<br>drained                           |                             |

Combine vegetables. Combine oil, sugar, vinegar, and pepper; whisk until blended. Pour over vegetables and chill; let marinate several hours or overnight before serving. Keeps several days.

Larry '69 and Karla Pals

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## Turkey Wild Rice Salad

- |   |                          |
|---|--------------------------|
| 2/3 c. mayonnaise   | 1/2 tsp. salt            |
| 1/3 c. finely sliced green onion                            | 4 c. cubed cooked turkey |
| 1/3 c. lite sour cream                                      | 1/2 tsp. pepper          |
| 1-8oz. can sliced water chestnuts,<br>drained and cut small | 3 c. cooked wild rice    |
| 2 Tbsp. lemon juice   | 1 tsp. curry             |
| 1/4 tsp. dried tarragon                                     | 1 c. green grapes halved |
| crumbled  | 1 c. salted cashews      |

Blend together mayonnaise, sour cream, lemon juice and tarragon; set aside. In a large bowl combine turkey, wild rice, onions, water chestnuts, salt, pepper, and curry. Stir in mayonnaise mixture until well blended. Refrigerate and cover for 2-3 hours before serving. Before serving fold in grapes and cashews.

Gretta (Goldsworthy) Irwin '88

## White Turkey Chili

1-1/2 c. onions coarsely chopped  
2 cloves garlic minced  
1 Tbsp. olive oil  
1 jalapeno pepper minced  
1 4-oz. can mild green chilies  
1 Tsp. ground cumin  
1/2 Tsp. dried oregano  
1/4 Tsp. cayenne pepper  
1/4 Tsp. salt

1 c. chicken bouillon  
1 19-oz. can white kidney beans  
(cannellini) drained and rinsed  
2 c. cooked turkey cut into  
1/2-inch cubes  
1/4 c. fresh cilantro coarsely  
chopped  
1/2 c. grated Monterey Jack cheese

In 3-quart sauce pan, over medium-high heat, sauté onions and garlic in oil 5 minutes or until onion is tender. Add jalapeno pepper, chilies, cumin, oregano, cayenne pepper, and salt. Cook 1 minute. Stir in bouillon, beans and turkey. Bring to boil; reduce heat and simmer, uncovered, 20 to 25 minutes or until slightly thickened. Stir in cilantro. To serve, ladle into bowls and top with 2 Tbsp. cheese.

Gretta (Goldsworthy) Irwin '88

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## Orange Ambrosia

*Dedicated to Dustin Pals '11*

2 small cans mandarin oranges,  
drained  
1 large box sugar-free orange Jell-O

1 large carton fat-free cottage cheese  
1 regular sized light or fat-free  
Cool Whip

Mix all ingredients until Jell-O is dissolved. Chill.  
You may use any flavor Jell-O and any fruit, or add coconut,  
marshmallows, or nuts, also.

Larry '69 and Karla Pals



## Thai Turkey Toss

1 pound cooked Turkey Breast  
5 oz. angel hair pasta, cooked  
2 c. shredded fresh spinach  
2 c. Granny Smith apples, diced  
2 c. grated carrot  
2 c. peeled and diced zucchini  
2 c. chopped dry roasted peanuts  
2 Tbsp. chopped fresh basil

Dressing  
3 c. lite soy sauce  
3 Tbsp. lime juice  
2 Tbsp. brown sugar  
1/2 tsp. minced ginger  
1 large garlic clove minced  
3 Tsp. dried red pepper flakes

Cut turkey into 1/2 x 3" strips. Combine turkey, pasta, spinach, apples, carrots, zucchini, peanuts and basil in a large bowl. Combine dressing ingredients in a small bowl. Toss turkey with dressing.

Gretta (Goldsworthy) Irwin '88

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## Grandpa's Homemade Turkey Soup ★

5 c. turkey stock  
3 stalks celery cut into  
1 inch pieces  
2 Large, potatoes, peeled  
and quartered

2 carrots cut into  
1 inch pieces  
1 onion quartered  
1 c. uncooked noodles  
2 c. cooked turkey cubed

In 5-quart saucepan, combine first 5 ingredients. Over high heat, bring to a boil. Reduce heat, cover and simmer for one hour. Stir in noodles and turkey meat. Simmer until noodles are done and meat is heated through.

Gretta (Goldsworthy) Irwin '88

## Chicken Tortilla Soup

2 Tbsp. oil	3 chicken breasts, boneless
1 small onion, diced	and skinless
2 Tbsp. garlic	2 limes, juiced
2 jalapenos, finely diced	Salt and pepper to taste
6 c. low-sodium chicken broth	1 flour tortilla, grilled, cut
1 14.5 oz. can fire roasted	into thin strips
diced tomatoes	1 avocado, pitted and sliced
1 14.5 oz. can black beans,	1 c. shredded Monterey Cheese
rinsed and drained	

In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic and jalapenos and cook for another minute. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil. Once at a boil lower heat to simmer and add chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside. Add lime juice and fresh cilantro to the pot. In a serving bowl add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese.

Tiffany (Gilbert) Muilenburg '06

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## Vinegar in Broccoli Salad

1 large bunch broccoli, cut	1 c. mayo
into small pieces	1/3 c. sugar
1 small onion cut small	2 Tbsp. apple cider vinegar
1/2 c. golden raisins or	
dried cranberries	

Mix all together and chill. Just before serving add 1/2 c. peanuts.

Tiffany (Gilbert) Muilenburg '06

## Kale Salad

1 bunch kale, stalks removed and discarded, cut into strips  
2 Tbsp. extra-virgin olive oil  
1 Tbsp. sesame oil  
1 bunch fresh cilantro, chopped

1 bunch sliced green onions  
2-6 fresh garlic cloves, minced.  
Juice of one lemon  
Sea salt to taste

Combine kale, cilantro, onions, and garlic. Pour olive and sesame oils and lemon juice over them. Using clean hands, vigorously "massage" the ingredients until they are combined, and the kale strips become softer in texture. Add salt to taste. Serve immediately or refrigerate for an hour to allow flavors to blend and develop.

Mary (McDonald) Richard '72

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## Spicy Chicken Vegetable Soup

*Dedicated to Paul '69 and Alex Hoekstra '10*

2 cooked boneless, skinless, chicken breasts, diced	1 c. sliced zucchini
1 small can tomato paste	1 c. mushroom caps
2 c. sliced carrots	1 c. sliced celery
1 c. chopped onion	6 c. fat-free chicken broth
	1/2 c. red wine

Combine above ingredients with:

1 Tbsp. italian seasoning	Bay leaves
2 tsp. seasoned salt	1 Tbsp. herbs de provence
Cayenne Pepper - to taste	Add seasoning to taste

Simmer until vegetables are tender. Other vegetables may be added such as potatoes, cauliflower, green beans, etc.

Lorie Hoekstra

## Tuscan Style Soup

1 12 oz. bag or package sliced  
& washed fresh baby  
portabella mushrooms  
1 14.5 oz. can diced tomatoes,  
low sodium  
1 small zucchini squash,  
coarsely chopped  
1/2 c. red onion, diced

2 c. spinach, shredded  
1 or 2 cloves garlic, minced  
1/2 tsp. Italian seasoning  
1 c. water  
2 c. vegetable stock (or 2 vegetable  
bouillon cubes in 2 c. boiling water)  
1 small eggplant, cubed

Combine first 9 ingredients in a large stockpot, stirring well. Bring to a boil and reduce heat. Simmer 25-30 minutes or until mushrooms and zucchini are tender. Add eggplant and continue to simmer until eggplant is tender.

Samantha Asby '07

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## Weight Watchers Slow Cooker Potato Cheese Soup ☆

*Dedicated to Ben Condon '13*

2 cans chicken broth, low sodium  
2 cans fat free cream of  
mushroom soup

1 bag frozen hash brown cubed  
potatoes  
1 lb. Velveeta 2%

Put bag of potatoes in slow cooker. Cover with the 2 cans of broth and 2 cans of soup. Set on low if cooking all day or on high if cooking 4-6 hours. When ready to eat, add the Velveeta and stir until melted. You can also add frozen corn, broccoli, turkey bacon, carrots and/or celery.

Sandy Condon

## **Cheesy Potato Soup**

*Dedicated to Zach Elsbecker '11*

4 c. potatoes, peeled & cubed  
4 c. water  
1/4 tsp. ground thyme  
1 c. chopped celery

1 1/2 - 2 c. of cubed turkey ham  
1/2 tsp. onion powder, or to taste  
1 1/2 c. of broccoli florets  
1 1/2 c. of chopped carrots

### **Cheese Sauce:**

3 Tbsp. margarine  
1/4 tsp. pepper  
3 Tbsp. flour  
2 c. cheddar cheese, shredded

1 can fat free evaporated milk  
1 c. of Velveeta Cheese cut  
up in chunks

In a large pan, boil potatoes, water, celery, onion powder, thyme and optional meat for 15 minutes. Add carrots & broccoli. Continue to simmer. In a separate pan, whisk together margarine until melted, add flour and stir for about 1 minute, add evaporated milk & whisk until blended, add cheese slowly to milk and keep stirring until all is added and melted. Be sure to stir so as not to scald or burn the cheese. When melted, combine sauce with potatoes & stir. If not "cheesy" enough add more at this time. Simmer for 15 more minutes or until carrots & broccoli are done. Stir occasionally.

Linda Elsbecker

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## **Fruit Salad**

Cut up a banana, apple, orange and some grapes (and other fruit if you like), add a c. or less of vanilla yogurt and stir

You can also add some slice almonds, dried cranberries and other things for variety. It has been suggested that lemon yogurt will keep the apples from getting brown.

Teresa (Kehoe) Dusil '81



## Pita Salad

*Dedicated to Keith Rush '13*

1 small cucumber, peeled, seeded,  
and cut into ½" cubes  
1 tsp. salt  
2 7 inch pita breads  
3 medium ripe tomatoes, chopped  
1 small green bell pepper diced  
6 scallions, white and tender green  
parts, finely chopped

2 Tbsp. chopped fresh cilantro  
1/3 c. chopped fresh parsley  
1 Tbsp. finely chopped fresh mint  
1/3 c. extra virgin olive oil  
Juice of 1 large lemon (about 1/4 c.)  
1/4 tsp. salt

Mix cubed cucumbers and salt in a colander. Let stand to drain for 30 minutes. After standing time, press the excess water out of the cucumbers, rinse quickly and blot dry.

Preheat the oven to 350°. Open pita bread on a baking sheet and bake until crisp and lightly browned, about 10 minutes. Break the baked pita chips into bite-sized pieces.

Combine the cucumbers in a medium bowl with the tomatoes, green bell pepper, scallions, cilantro, parsley, and mint.

In a small bowl whisk the extra virgin olive oil, lemon juice, garlic, and salt. Pour the dressing over the vegetables and toss well. Add the pita toasts, toss again; and serve immediately. If you will not be eating the whole salad, put the pita toasts in a separate bowl as they will get soggy and add per serving.

**Sheri Rush**



## **Easy Salad – Aunt Donna Richardson**

*Dedicated to Stephanie Ruzicka '11*

3 cartons strawberry yogurt  
2 8oz. strawberry Jell-O  
2 8oz. frozen strawberries

Boil 2 c. of water. Pour Jell-O in serving bowl and add the 2 c. of boiling water. Stir until all Jell-O is dissolved. Next stir in partially unthawed strawberries. Lastly, stir in yogurt. Refrigerate until set.

Chris Ruzicka

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## **Ten Hagen Soup**

*(In honor of Frieda Ten Hagen)*

1 lb. hamburger	16 oz. cream cheese
4 c. chicken broth or prepared chicken soup base	1 1/4 c. chopped dill pickles
2 cans cream of chicken soup	1 1/2 c. canned diced tomatoes

In a stock pot, brown the hamburger and drain off grease. Add broth and cream of chicken soup; bring to boil. Add cream cheese and stir until melted. Add tomatoes and dill pickles. Simmer 5 to 10 minutes longer and serve. Freezes well.

Sandy (De Ruiter) Blom '92

## Easy Chili

*Dedicated to Matt Cook '05 and Alice Cook '07*

1 lb. ground beef	1 large can crushed tomatoes
1 can black beans (14 or 15 oz.)	2 Tbsp. of dry barley * (optional)
1 large can red kidney beans (1 lb 13 oz.)	1 Tbsp. olive oil
1 can white beans	1 tsp. chili powder
1 can corn	2 tsp. cumin
1 red pepper diced	1/2 tsp. cayenne pepper (or more to taste)
1 green pepper diced	1 tsp. Onion powder
1 large onion diced	Salt and pepper to taste
2 cloves of garlic minced	

Begin by washing the veggies, peel the onion and garlic and dice the veggies, then set them aside.

In a large pot (or Dutch oven) over a medium heat, brown the meat while stirring. Remove the meat and any oil from the pot – set meat aside.

Add oil and sauté the garlic, onions, and peppers until they are tender but not browned. Stir occasionally.

Drain all the beans and the corn and open the can of tomatoes. Once the peppers are tender, pour in the beans, corn, tomatoes and meat. Cook on Medium to low heat for about 20 minutes covered.

Add the barley chili powder, cumin, onion powder and cayenne pepper. If you prefer less spicy chili, just add a shake or two of the cayenne powder. If you like the chili spicy, add more. You can make it any way you like, always taste the sauce as you are seasoning it.

Cover the pot and let it cook on a low heat for at least an hour. It should be simmering, so stir it once in a while. If you find the chili is too dry you can always add a little water as it cooks. If for some reason it has too much liquid just cook it with the lid off.

(If you cook it in a crock pot it will take longer)

Susan Cook

## **Tangy Broccoli Salad**

*Dedicated to Stephanie Ruzicka '11*

3/4 c. light salad dressing  
2 Tb sugar  
2 Tbsp. vinegar  
1 bunch broccoli, cut into  
florets (6 c.)

1 small red onion, chopped  
6 slices bacon cooked, drained,  
crumbled

Mix dressing, sugar, and vinegar in large bowl. Add remaining ingredients, mix lightly. Cover. Refrigerate at least 1 hour before serving.

Chris Ruzicka

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## **Strawberry - Lettuce Salad**

1 head romaine lettuce (or mix)  
1 small onion  
1 pint strawberries (sliced)

1/2 c. pecans (chopped)  
1/2 c. mayonnaise (low cal)

Dressing  
2 Tbsp. vinegar  
1/3 c. sugar

2 Tbsp. sour cream (low cal)  
2 Tbsp. poppy seeds

Marilyn (Dummett) DeMaster '61

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## **Easy Salad**

Organic salad greens  
Dried cranberries (processed with  
sugar only-no corn syrup)

Sliced raw almonds  
2 parts good organic olive oil  
1 part aged balsamic vinegar

Toss and enjoy.

Martha Schut '73

## Q's Sweet and Spicy Chili

Garlic salt	Diced tomatoes
Basil	1 can tomato paste
Curry powder	1 can tomato sauce
Chili powder	Onions
Black pepper	1 can kidney beans
1 c. Whiskey	1 can black beans
1 c. Tequila	1 can baked beans
Bell peppers (red, yellow and green)	1 lb Choizo
Banana peppers	1 lb Chuck steak
Chili peppers	1 lb Italian sausage
Habanero peppers	6 oz. Maple syrup
Jalapenos	8 oz. baker's chocolate

Portion sizes vary. Usually for large group so I use the following in an 8-12 quart pot.

Sprinkle garlic salt, basil, curry powder, chili powder, black pepper into pot. Pour 1 c. of whiskey and 1 c. of tequila into pot. Bring to boil for 3 minutes. (Boils out a lot of the alcohol percentage and allows for it to soak into recipe.) Stir occasionally.

Add large can of tomato sauce and diced tomatoes, and small can tomato paste. Stir until consistent.

Chop 1 lb of chuck steak, 1 lb of chorizo, and 1 lb of Italian Sausage. Brown and season steak. Add all meat to pot.

Chop/dice peppers and onions (portions vary depending on how spicy) and add to pot. Stir until consistent. Stir in 1-2 cans of all beans.

Add 8 oz. of bakers chocolate and 6 oz. maple syrup. Stir and put lid on. Allow to simmer for 1 hour. Stir occasionally.

Casey S. Quiggle '99

## **Spaghetti Salad**

*Dedicated to Denise Barnard '02*

- |                              |                                |
|------------------------------|--------------------------------|
| 1 lb. spaghetti              | 1 red onion (chopped)          |
| 1 green pepper (chopped)     | 1 Tbsp. sugar                  |
| 1 tomato (chopped)           | 16 oz. creamy Italian dressing |
| 1 c. shredded cheddar cheese |                                |

Cook spaghetti and drain. (It is best to break the spaghetti before cooking)  
In a large bowl combine spaghetti, cheese, green pepper, tomato, onion, sugar and dressing. Refrigerate in a covered container.

Mary Barnard

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## **Coleslaw Salad**

*Dedicated to Sarah Shimon '12*

- |                         |                                   |
|-------------------------|-----------------------------------|
| 3 c. chopped cabbage    | 1/2 c. sunflower seeds            |
| 1/2 c. slivered almonds | 1 package Ramen Noodles (chicken) |
| Dressing:               |                                   |
| 1/2 c. salad oil        | 1/4 c. red wine vinegar           |
| 1/2 c. sugar (or less)  | Flavor packet from noodles        |

Add dressing shortly before serving. Break up noodles, add & mix.

Judy Shimon

## Chunky Italian Soup

1 to 1 1/2 Sirloin cut into strips	1/2 tsp. pepper
1 medium onion	1 Tbsp. chili powder
2 14.5 oz. cans Italian Tomatoes	1 16 oz. can kidney beans drained
1 19 oz. can Progresso Tomato Basil Soup (undiluted)	1 16 oz. can Italian green beans drained
4 c. water	1 c. sliced carrots
2 cloves garlic minced	1/2 to 1 c. zucchini chopped
2 tsp. dried basil	8 oz. rotini noodles, cooked
2 tsp. dried oregano	Grated Parmesan cheese
1 tsp. salt	

Sauté onions and beef in small amount of olive oil in Dutch oven over medium heat, stirring until beef is barely pink. Stir in tomatoes and next 8 ingredients. Bring to boil, reduce heat and simmer, stirring occasionally for 20 minutes. Stir in kidney beans and next 3 ingredients, simmer on low stirring occasionally for 10 to 15 minutes. Stir in pasta. Sprinkle each serving with grated cheese.

Stanley Joseph Kreeger '83





# *Dinner*

## **Slow Cooked Short Ribs**

*Dedicated to Rachel Davy '11 and Hannah Davy '14*

Serves 12

4 lbs boneless beef short ribs	1/3 c. ketchup
1 large onion chopped	1/4 c. Worcestershire sauce
1-1/2 c. beef broth	5 cloves garlic, minced
1/4 c. red wine vinegar	(I use 2 cloves)
3/4 c. packed brown sugar	1-1/2 tsp. chili powder
1/2 c. barbeque sauce	

In a large skillet brown ribs in butter. Transfer to a 6 quart slow cooker. In the same skillet, combine the remaining ingredients. Cook and stir until mixture comes to a boil; pour over ribs. Cover and cook on low for 9 to 10 hours or until meat is tender.

**Zona Davy**

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## **Vegetable Pizza**

*Dedicated to Brittany Zern '10*

2 pkg. crescent or buttermilk biscuits - separate and spread on cookie sheet. Bake 8-10 minutes at 350°. Let cool.

Top with these mixed together:

- 1 1/2 pkg. 8 oz. cream cheese
- 1 small pkg. ranch style dressing (dry)
- 1/3 c. Miracle Whip

Add chopped veggies (onion, radishes, cauliflower, broccoli, tomatoes, mushrooms, etc. your choice). Top all with shredded cheddar cheese and chill 30 minutes.

**Denice Zern**

## **Green Bean Bake**

6 slices bacon, cut into 1" pieces	1/2 c. chicken broth
1 large onion, chopped	1/4 tsp. pepper
1 lb fresh green beans, trimmed and cut into 1 1/2" pieces	4 med plum tomatoes, chopped

Cook bacon until crisp and reserve drippings in skillet. Add onions to drippings, cook and stir 6 minutes or until lightly browned. Add beans, broth and pepper. Mix well. Bring to boil. Reduce heat to medium low; cover. Simmer 20 minutes or until beans are tender. Increase heat to medium high and stir in tomatoes. Cook 3 minutes or until tomatoes are heated through. Transfer to serving dish. Sprinkle with bacon. Serve warm.

Diane (Van Weelden) Schuring '72

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## **Turkey Roll-ups**

Refrigerated crescent rolls	Cranberry chutney/relish
Turkey-shredded	Monterrey jack cheese

Unroll crescent rolls and pinch together to make one sheet. Spread chutney over rolled dough and evenly spread on turkey. Cover with a layer of cheese. Roll from the wide end. Refrigerate 15 minutes. Cut into 1/2" wedges. Bake 12 minutes at 375° or until brown. Serve.

Diane (Van Weelden) Schuring '72

## Crockpot Goulash

1-1 1/2 pounds extra lean ground turkey	29 oz. canned diced tomatoes
1/2 c. chopped green pepper	10 oz. V-8 juice
1 c. chopped onion	3 c. of uncooked pasta (many different pasta varieties will work whole grain or regular such as rotini, macaroni, mini penne, camp-anelle, etc.)
2 tsp. minced garlic	5 oz. V-8 juice
1 tsp. oregano	
1 tsp. basil	
1 tsp. dried Italian seasoning	

Spray a nonstick skillet with cooking spray. Add ground turkey, onions, green pepper and garlic, stirring until the meat is browned and crumbly. Spray the inside of your crock-pot with cooking spray. Put the meat mixture with the oregano, basil, Italian seasoning, canned tomatoes, and 10 oz. of V-8 juice in the crock-pot and mix well.

Cover and cook on low for 7-8 hours. Add uncooked pasta and 5 oz. V-8 juice, stir well and cook an additional 2-2 1/2 hours.

Nancy (Williams) Stover '73

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## Shepard's Pie

*Dedicated to Melissa Dunlap '11*

1 lb. hamburger	1 c. shredded cheddar cheese
1 can condensed tomato soup	Instant Potatoes
1 can green beans	

Brown the hamburger, drain. Mix in the tomato soup. Do not dilute! Drain the green beans and add to mixture. Place in 9x9 pan. Place the cheddar cheese on top of meat mixture. Cook up instant potatoes according to directions. Make enough for 6 servings. Place the mash potato on top of cheese. Bake in oven until bubbly hot and potatoes look just slightly brown or dried.

Jackie Dunlap

## **Easy Shepard's Pie**

*Dedicated to Stephanie Ruzicka '11*

1 lb. lean hamburger  
(can substitute 1 lb venison)  
2 c. hot mashed potatoes (5-6  
potatoes boiled and mashed)  
4 oz. Neufchatel cream  
cheese, cubed

1 c. shredded cheddar  
cheese, divided  
2 cloves garlic, minced  
4 c. frozen mixed vegetables, thawed  
1 c. beef gravy

Preheat oven to 375°. Boil peeled potatoes, drain and mash while you brown meat in large skillet. Drain. Mix potatoes, cream cheese, 1/2 c. shredded cheese and garlic until well blended. Stir vegetables and gravy into meat. Spoon into 9" square baking dish. Cover with potato mixture. Don't worry about it being perfectly even, the more rustic it looks, the better. Sprinkle remaining 1/2 c. shredded cheese over top. Bake for 20 minutes or until heated thoroughly.

Chris Ruzicka

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## **Infamous Zucchini Appetizer**

3 c. thinly sliced zucchini  
1 c. bisquick mix  
1/2 c. finely chopped onion  
1/2 c. grated Romano cheese  
2 cloves minced garlic

2 Tbsp. chopped parsley  
1/2 tsp. salt  
1/2 tsp. oregano  
1/3 c. olive oil  
4 eggs lightly beaten

Mix all together and pour into a greased 9 x 13" pan. Bake at 350° until golden brown, 30-40 minutes.

Renee (Schindler) Nygaard '97



## Bread or Pizza Dough

4 c. flour	2 Tbsp. vegetable oil
1 1/3 c. hot water	2 Tbsp. sugar
1 pkg. dry yeast	1 tsp salt

In large bowl blend together flour and salt. Make a well in the center and add water, yeast, oil and sugar. Let stand 5 minutes to activate the yeast. Mix until dough forms. Turn onto floured cutting board and knead dough until smooth (5 to 10 minutes). You may need to add more flour. Place dough in greased bowl, brush with olive oil and cover with towel. Let rise in warm place until double in size and bulk, about 1 hour. Punch dough down and divide into equal parts. Make into loaves, rolls, or roll out for pizza. Let rise again for 20-30 minutes then bake in 350° oven for bread about 30 minutes. Add toppings and bake at 400° for pizza for 12-15 minutes.

Renee (Schindler) Nygaard '97

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## Bev's Shish Kabob

Bring to boil	
1 c. soy or teriyaki sauce	1/2 c. pineapple juice
1/2 c. brown sugar	3 cloves garlic minced
1/2 c. white vinegar	

Pour 2/3 of marinade over cut up beef, chicken and/or pork. Marinate for at least 4 hours or overnight. Use rest of marinade for chunks of green pepper, onion, pineapple, zucchini, small potatoes, and mushrooms. Place all on skewers and grill.

Renee (Schindler) Nygaard '97

## Beef Stroganoff

1 Tbsp. Dijon mustard  
1 Tbsp. sugar  
2 tsp. salt  
4 Tbsp. clarified butter  
4 Tbsp. Crisco oil  
4 c. thinly sliced red onion

1 lb fresh mushrooms, halved  
2 lbs beef filet, sliced in strips  
1 tsp. ground pepper  
2 c. sour cream  
1 Tbsp. tomato paste

Heat 2 Tbsp. butter and 1 Tbsp. oil in skillet over high heat. Sauté small batches of meat, tossing in pan for 2 minutes until browned. Transfer meat to platter and cook rest of meat in remaining butter and oil.

Heat remaining 2 Tbsp. oil in another skillet and sauté onions and mushrooms until soft.

Combine meat and veggies, stir in salt, pepper, sugar and mustard. Heat, then stir in sour cream and tomato paste, 1/4 c. at a time.

Reduce heat to low. Cover pan and simmer 2-3 minutes. Serve over hot boiled egg noodles. Garnish with chopped parsley.

Renee (Schindler) Nygaard '97

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## French Dip Sandwiches

3-4 pounds rump roast  
1/2 c. soy sauce  
1/8 tsp. garlic powder

1 1/2 tsp. Kitchen Bouquet  
1/2 package dry onion soup mix  
5 c. water

Put meat and other ingredients in crock pot on low all day or 325° for 3 hours. Serve meat in a hoagie bun and dip in au jus.

Betty (Balder) Bollard '84

## Couscous

2 Tbsp. extra-virgin olive oil	1/3 c. toasted pine nuts
3 Tbsp. red wine vinegar	1 Tbsp. za'atar (optional)
1/2 tsp. sea salt	3 c. cooked couscous
1 Tbsp. minced fresh mint	Seeds from 1 pomegranate
1/2 c. diced fennel	(substitute dried cranberries)

In a large mixing bowl whisk together olive oil, vinegar, salt, fresh mint, fennel, pine nuts and za'atar if available. Add couscous and gently incorporate dressing and couscous with a fork. Add pomegranate seeds (or cranberries) and again gently fold through but this time with a spoon. Allow salad to remain at room temperature for a half an hour so that flavors can blossom.

Kristine Milburn '95

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## Baked Corn-Stuffed Tomatoes

4 medium firm tomatoes	2 Tbsp. olive oil
1 1/2 c. whole kernel corn (not canned)	1/4 tsp. sugar
1/2 c. green pepper, chopped	Salt & Pepper to taste
	Nonstick cooking spray

Wash tomatoes and cut tops of stem end of tomatoes. Scoop out pulp leaving shells intact. Place tomato shells upside down on paper towel to drain. Warm olive oil medium size skillet and sauté green pepper until tender crisp. Add corn, sugar, salt, and pepper. Sauté until heated through. Fill each tomato shell with 1/3 c. corn mixture. Place shells in coated baking dish, cover with foil, and bake in preheated oven at 350° for 20 to 25 minutes.

Kristine Milburn '95

## **Pork Chops Grilled with Lavender, Thyme, & Rosemary**

1 tsp. salt	2 tsp. minced fresh thyme leaves
1/2 tsp. freshly ground black pepper	1 tsp. minced rosemary leaves
4 pork chops, each 1/2 inch thick	
1/2 tsp. minced fresh lavender flowers or 1/8 tsp. dried	

Rub salt and pepper on both sides of the chops. Combine the minced flowers and herbs, then rub each chop on both sides with an equal amount of the mixture, firmly pressing it into the flesh. Cover loosely with waxed paper or plastic wrap, and let stand for an hour or two at room temperature (I place in the refrigerator for 3-4 hours).

Prepare a charcoal or wood fire in a grill or fireplace. When the coals are medium-hot, place the chops on the grill rack. Cook for 4 to 5 minutes, then turn the chops over and cook until the juices run clear when the chops are pierced with the tip of a sharp knife, another 4-5 minutes. Serve at once.

Kristine Milburn '95

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## **Breast of Veal**

One - 4 or 5 lb breast of veal	3 eggs
(Have the butcher cut a pouch in the breast)	2 tsp. salt
1 1/2 lb of ricotta cheese	1 tsp. pepper
One block of mozzarella chopped up in pieces	1 Tbsp. parsley flakes
	2 Tbsp. parmesan cheese

Mix the above in bowl then fill the veal pouch. Rub the veal with salt and pepper and fresh parsley, then place in roasting pan and bake in oven at 350° for one hour to 1 1/2 hours, depending on how you want the veal cooked.

Gregory Christiano '69

## Sichuan Green Beans & Pork

### Sauce ingredients:

2 Tbsp. Soy sauce	1/4 tsp. ground white pepper
1 Tbsp. Sherry	1/4 tsp. dry mustard
1 tsp. sugar	1/4 tsp. red pepper flakes
1/2 tsp. cornstarch	2 Tbsp. water

Mix the above ingredients together in a small bowl and set aside.

### Remaining ingredients:

2 Tbsp. vegetable oil	3 green onions, white and green parts thinly sliced
1 lb. fresh green beans	1 tsp. sesame oil
1/2 lb. ground pork	Hot cooked white rice
3 garlic cloves, minced	
1 Tbsp. fresh gingerroot, minced	

Heat vegetable oil in a large skillet until just smoking. Add beans and cook, stirring frequently, until crisp tender and skins are beginning to blacken in spots (usually about 5-8 minutes). Transfer beans to a plate or bowl and set aside.

Reduce heat to medium-high and add pork to now empty skillet. Cook until no pink remains. Add garlic and ginger and cook, stirring constantly, until fragrant (about 15-20 seconds). Add green beans back to pan. Stir the sauce ingredients to recombine, and then pour sauce over green beans and pork. Toss and cook until sauce is thickened (about 10-15 seconds). Remove pan from heat and stir in green onions and sesame oil. Serve immediately over hot cooked white rice.

Ellen (Duncan) Bell '04



## Pizza Rustica

2 lbs of pot cheese	1 stick dry sausage
1 small block of mozzarella	1 1/2 lbs. chop meat - pork
1/2 lb. prosciutto	2 dozen eggs
1/2 lb. salami	

### Pie Crust:

1 1/2 lbs. of flour	2 Tbsp. olive oil
5 eggs	1 tsp. sugar
pinch of salt	

Brown pork. Chop salami and other meats including mozzarella very small. Combine pot cheese, meats, mozzarella and eggs. Mix well. Roll dough - half for bottom - pour ingredients into baking pan, cover top half with layer of dough. Bake 3 1/2 - 4 hours in a 350° oven.

Gregory Christiano '69

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## Spiced Tomatoes

2 pounds of ripe tomatoes	1 dozen cloves
1 pound of brown sugar	2 dozen grains of allspice
1/2 a pint of cider vinegar	

Put these ingredients into a preserving kettle, and stew them over a slow fire. When they have been in sufficiently long to cook the tomatoes tolerably well, take them up and place them on a dish to cool, continue boiling the syrup slowly. When the tomatoes become cool put them back into the syrup, and boil them until they are of a dark red color, then take them out again, put them on a dish to cool, and continue boiling until it is as thick as molasses. When the tomatoes and syrup are both cool, put them in jars and tightly seal.

Gregory Christiano '69



## **Green Bean Bundles**

*(From Terrace Hill Cook Book published 2008)*

Great for parties as it can be made day before and refrigerated.

2 pounds green beans (just ends trimmed. Don't snap)	2 Tbsp. soy sauce
1 pound thick cut bacon	1/2 tsp. garlic powder
1 c. packed light brown sugar	1 stick butter
	salt and pepper as needed

Grease a 9x13 baking dish, set aside.

In a large sauce pan cook green beans, covered, in a small amount of boiling water for 5 minutes. Drain beans. To make bundles, wrap 12 beans with 1 strip bacon, twisting bacon ends to secure. Place bundles in prepared dish. In a small saucepan over medium heat combine brown sugar, soy sauce, garlic powder, and butter until butter is melted. Pour butter mixture over bean bundles. Cover and refrigerate 8 hours or overnight. Before baking, remove from refrigerator and let stand at room temperature. Preheat oven to 350°. Bake for 30 minutes.

Lauren K. Hickman '06

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## **Home Rendered Lard**

Raise hogs outside in the sun on bedding where they turn, and add to the bedding. Feed them corn (hopefully non-GMO). When butchered ask for the unrendered lard.

Place the lard in a large pan similar to a lasagna pan. Place in the oven at 250. As the lard melts sprinkle baking soda on it - this will help keep the color white. When all melted, let it cool, skim off any foam, place in refrigerator to completely cool. Cut into pieces any size you want to have to use and wrap in plastic wrap, freeze and you have lard that is high in Vitamin D anytime you want to bake or cook. When hogs are raised our side in the sun their lard is high in Vitamin D and is very healthy!

Charles Edward Henkel '61

## **Hot Dog Supreme**

(a late night Gaass Hall favorite)

Take two metal forks (dining hall had extras)

Take one extension cord (something from your roommate's stereo works fine)

Cut and strip wires on one end of the extension cord

Attach one wire to each end of the each fork with duct tape

Take one hot dog

Stick one fork in each end of the hot dog

Plug extension cord in to 120v socket for 15 seconds (ignore burning rubber-like smell)

Unplug extension cord

Fold hot dog between 1 piece of white bread

Enjoy

Condiments extra

Fed many a late night Gaass hall resident

Bill Albrecht '76

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## **Asparagus Appetizers**

*Dedicated to Alex Adams '06*

Fresh asparagus spears

Deli turkey, smoked turkey or ham, sliced thin

Snap off and discard woody bottoms of asparagus spears. Steam spears for 2 minutes, drain. Wrap each spear in a thin slice of deli meat. Chill until serving time. Serve plain or with a side of fat-free dressing for dipping.

Betty (Thompson) Adams '73

## Cheese Mushrooms

Begin caramelizing mushrooms and diced onions in a pan with olive oil. Pull out the mushrooms let them cool.

Fill the cap with cheese.

Add parmesan cheese to the onions and keep cooking until it clumps up.

Use the clumpy batter to coat the mushrooms and bake.

Lucas Meyer '06

## Shredded Pork with Beans

*Dedicated to Jessica (DeBruin) Winegar '06*

3 pork tenderloins (about 1 lb each), drained

cut into 3" pieces

1 24 oz. picante sauce

2 15-oz. can black beans, rinsed and      Hot cooked rice or soft tortilla shells

In a 5-qt slow cooker, place the pork, beans, and picante sauce. Cover and cook on low for 8 hours or until pork is tender.

Shred pork, return to slow cooker.

Serve with rice or on tortillas

**Scott '79 and Deb (Schneider) DeBruin '84**

## Ranch Turkey Burgers

*Dedicated to Jessica (DeBruin) Winegar '06*

1 lb ground turkey

1 packet Hidden Valley Seasoning and Salad Dressing Mix

Mix ground turkey and ranch dressing mix. Make into burger patties and grill.

Scott '79 and Deb (Schneider) DeBruin '84

## **Lentils with Potato**

3 cloves garlic (minced)	1 bay leaf
1/2 inch ginger (minced)	1 1/2 Tbsp. cumin powder (or seed)
1/2 onion	1 lb. brown lentils
1 Tbsp. oil	3 potatoes peeled & diced
1 Tbsp. turmeric	6 c. water
1 Tbsp. salt	

Sauté garlic, ginger, and onion in oil until onion is soft and translucent. Add spices (salt, turmeric, cumin, bay leaf) and fry for 1 minute. Add lentils and fry for 10 minutes. If lentils are sticking to pan lower the heat and add a smidgen of water. Add potatoes. Add 6 c. of water, stir, lower heat, and cook for 30 minutes until lentils are soft. Serve hot over rice. (Can add variations of ingredients i.e. raisins, sweet potatoes, carrots, etc)

Allison Schafer '06

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## **Parmesan Zucchini Cakes**

3 large zucchini with skin, shredded	1/3 c. fresh parmesan
1/4 c. egg white alternative (Egg	cheese, shredded
Beaters) or 4 egg whites	1 1/2 Tbsp. Italian seasoning
1 c. whole wheat bread crumbs	3 Tbsp. butter, whipped, unsalted,
1/2 c. light miracle whip or mayo	light
Sea salt and pepper to taste	

Squeeze water out of shredded zucchini with a paper towels. Mix all ingredients except butter and zucchini in a large bowl.

Fold in zucchini. Refrigerate mixture for at least 15 minutes to firm. Form mixture into patties. Spray a large skillet with nonstick cooking spray and melt butter on medium high heat. Cook zucchini patties for 3-4 minutes each side or until golden brown.

Jerilyn (Crow) Korver '04

## **Terrific Turkey Hash**

*Dedicated to Ali Miller '12*

1 1/4 lb lean ground turkey	1 Tbsp. spicy brown mustard
1 c. corn	12 oz. frozen shredded hash
1/2 c. chopped onion	brown potatoes
1/2 c. chopped green bell pepper	Salt and pepper
1/4 c. + 3 Tbsp. chili sauce	

Spray a large skillet with Pam. Cook turkey with onion and green pepper until done. (6-8 minutes) Add chili sauce, potatoes and mustard. Cook for 10 minutes or until potatoes are soft. Add salt and pepper to taste.  
Makes 4 servings

**Deb Miller**

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## **Zucchini-Pepper Skillet**

*Dedicated to Beth (Norman) Sletta '86*

1 lb zucchini, sliced	1 tsp. salt
1 green bell pepper, chopped	1/8 tsp. pepper
1 Tbsp. canola or olive oil	2 tomatoes, cut into wedges
2 to 3 cloves garlic	

In a large frying pan, sauté garlic in oil until juice has been released. Add zucchini, green pepper, salt and pepper; stir until heated through. Cover and cook on medium heat, stirring occasionally, until vegetables are tender (about 5 minutes). Add tomatoes. Cover and cook over low heat until tomatoes are heated through (about 3 minutes).  
Sprinkle with parmesan cheese.

**Jo (Vandelaar) Norman '52**



## **Slivered Pork Stir-fry with Garlic, Broccoli, and Sesame**

*Dedicated to Ali Miller '12*

2 c. broccoli chopped in 1 inch pieces	1 c. chopped onion
3/4 c. chicken broth	1 red bell pepper, seeded & chopped
1/2 c. chopped green onion	1 pound boneless pork tenderloin, cut in thin strips
2 Tbsp. chopped garlic	1 Tbsp. low-sodium soy sauce
2 Tbsp. peeled chopped ginger	1 Tbsp. toasted sesame seeds
2 tsp. olive oil	

Steam the broccoli until bright green but still firm, about 2 minutes. Drain; rinse with cold water to stop the cooking; drain again.

Combine ¼ c. of the broth, green onions, garlic and ginger in a food processor or blender and pulse until the mixture is minced. Set aside.

Heat 1 tsp. of the oil in a large nonstick sauté pan over medium-high heat. Add the onion and pepper; sauté 5 minutes or until the vegetables are just tender. Transfer to a bowl and cover with a towel to retain heat.

Add the remaining 1 tsp. of oil to the pan over medium-high heat. Add the green onion mixture and sauté for about 1 minute, stirring constantly. Add the pork strips and soy sauce to the skillet and sauté for 4 minutes or until pork is nearly cooked. Add the remaining ½ c. broth and bring to a boil. Add the broccoli to skillet and stir until broccoli is cooked through, about 3 minutes. Add onion and bell pepper back to the pan. Divide among four dinner plates and garnish with sesame seeds. Serve immediately.

**Deb Miller**



## Sausage Stuffed Mushrooms (appetizer)

*Dedicated to Meghan J. Swella '09*

1 lb. pork sausage	1-8 oz.pkg lite cream cheese,
1 1/2 tsp. dried oregano	room temperature
1 C freshly grated parmesan	1 lg. egg yolk
cheese (about 3 oz.)	Olive oil
1/2 tsp. Worcestershire sauce	24 lg. mushrooms, stemmed
1/2 tsp. garlic powder	1/3 C dry white wine

Sauté sausage & oregano in heavy skillet over medium heat for about 7 minutes or until sausage is cooked through and brown, breaking into small pieces. Using slotted spoon, transfer sausage into colander and drain fat. Place in a large bowl and cool. Mix in 1/4 C Parmesan cheese, Worcestershire sauce & garlic powder, then cream cheese. Season with s/p, mix in egg yolk.

Brush 15 x 10 x 2" glass baking dish with olive oil. Brush cavity of each mushroom with white wine; fill with scant Tbsp. filling & sprinkle with remaining Parmesan cheese. Arrange mushrooms, filling side up, in prepared baking dish. (can be prepared 1 day ahead, cover and chill) Preheat oven to 350°. Bake uncovered until mushrooms are tender and filling is brown on top (~25 minutes) Serve on serving tray while warm! Enjoy!

**Dianne (Fratto) Swella**

## Turkey Oriental

2 c. cooked turkey, cubed	1/2 c. vinegar
2 Tbsp. cooking oil	1 c. pineapple juice
2 cloves garlic, minced	2 Tbsp. soy sauce
8 oz. sliced fresh mushrooms	1/4 c. cornstarch
1 scallion, thinly sliced	1 can pineapple cubes, juice reserved
3 stalks celery, cut diagonal	1 can drained bamboo shoots
1/2 green pepper, thinly sliced	4 c. cooked rice
1/2 c. brown sugar	1 c. chow mein noodles (optional)

Cut vegetables according to directions. Heat oil and garlic in a large skillet. When oil is hot add mushrooms, scallion, celery and green pepper. Cover pan, reduce heat and let vegetables steam cook. Mix together brown sugar, vinegar, pineapple juice, soy sauce, garlic and cornstarch. Add turkey to cooked vegetables and pour sauce over. Stir until sauce thickens. Stir in pineapple chunks and bamboo shoots. Cook until warm. Serve over hot rice. If desired top with chow mein noodles.

Gretta (Goldsworthy) Irwin '88

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## Fresh Turkey Salad Sandwich

2 c. finely chopped cooked turkey	1/4 c. finely chopped carrots
1 Tbsp. dill	salt and pepper to taste
1 tsp. pickle relish	1/4 c. finely chopped tomatoes
1 Tbsp. parsley	1/4 c. shredded zucchini
1/4 c. finely chopped cucumber	1/2 c. reduced calorie mayonnaise
1/4 tsp. garlic powder	1/4 c. unsweetened applesauce

In medium bowl mix all ingredients together. Place toppings on bread of choice.

Gretta (Goldsworthy) Irwin '88

## Sweet Potato with Apples and Sausage

2 sweet potatoes	2 sausage links
1 granny smith apple	1 Tbsp. extra virgin olive oil
1/4 onion	(EVOO)
A little minced garlic	Dash salt and pepper

Prick the sweet potato all over and microwave for 2 min. on each side. While the potato is cooking, peel and dice the apple. In a skillet add 1Tbsp. EVOO, 1/4 onion cut and dash of salt and pepper, sauté. Add in the 2 sausage links cut into pieces and cook turning until both sides are brown, about 5 min. Then add in some minced garlic, put on the lid and let it sauté for about 5 more minutes.

Cut up the sweet potato and add the mix from the skillet on top. Enjoy!

Krystal Rozeboom '10

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## Pizza Casserole

6 oz. fettuccine, broken	2 c. shredded mozzarella cheese
1 4 oz. package slice turkey pepperoni	1 4-oz. can slice mushrooms, drained
1 15 oz. jar pizza sauce	1 Tbsp. grated Parmesan cheese

Bring 8 c. water to boiling. Add pasta. Reduce heat. Cook in gently boiling water for 8 to 10 minutes. Drain. Return to pan. On a clean cutting board halve pepperoni. Wash hands. Add pepperoni to pasta. Stir in pizza sauce, 1 c. mozzarella cheese, mushrooms, and Parmesan cheese. Transfer to a 12 x 7 x 2" baking dish. Top with remaining mozzarella cheese. Bake in a 400° oven about 15 minutes or till hot. Serves 6 adults.

Gretta (Goldsworthy) Irwin '88

## Curried Turkey Dinner

1 package (10 oz.) of frozen broccoli spears, drained	1/4 c. mayonnaise
2 c. cooked turkey, cubed	1 1/2 tsp. lemon juice
1 can cream of mushroom soup	1 tsp. curry powder
	1 c. seasoned croutons

In an 8-inch square baking dish layer broccoli; top with turkey. In a small bowl combine soup, mayonnaise, lemon juice and curry powder. Pour over turkey and top with croutons. Bake at 250° for 20 to 25 minutes, or until bubbly.

Gretta (Goldsworthy) Irwin '88

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## Herb Baked Turkey Strips

1 c. flour	1 tsp. garlic powder
1 c. bread crumbs	1/2 tsp. salt
2 Tbsp. parsley	1/4 grated Parmesan cheese
1 tsp. thyme	2 eggs
1 tsp. oregano	1/4 c. milk
1 tsp. rosemary	2 pounds turkey tenderloins,
1 tsp. pepper	sliced into strips

Heat oven to 400°. In a medium sized bowl combine flour, bread crumbs, parsley, thyme, oregano, rosemary, pepper, garlic powder, salt and Parmesan cheese. In a separate medium sized bowl combine the eggs and milk. Cover two large cooking sheets with a rim with olive oil. Place pans into the oven until the oil is hot. Dip turkey strips in the egg mixture, then in the seasoning mixture. Place turkey strips carefully in the hot oil and bake. Cook until golden brown on bottom side. Turn over to brown the other side. Total baking time about 20 minutes.

Gretta (Goldsworthy) Irwin '88

## **BBQ Turkey Sandwich**

2 c. cooked turkey  
1 c. of your favorite bottled BBQ Sauce  
8 Hamburger buns

Place the turkey into a sauce pan. Add the BBQ sauce and allow it to simmer on medium heat for 20–30 minutes. Serve on hamburger buns. If desired top with a slice of cheese and pickles.

Gretta (Goldsworthy) Irwin '88

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## **Honey 'n Mustard Turkey Nuggets**

2 lbs. boneless turkey breast, skinned & cut into 1 inch cubes  
1/2 c. crushed pretzels

Honey Mustard Sauce  
1/4 c. prepared mustard  
2 Tbsp. honey  
2 Tbsp. apple juice

In a small bowl combine all sauce ingredients; blend well. Place half of sauce in a shallow dish for coating nuggets; reserve remaining sauce as a dip for cooked nuggets.

Dip turkey cubes into sauce to cover all sides; remove from sauce and roll in crushed pretzels. Place on a large greased cookie sheet.

Bake 375° for 10-12 minutes.

Gretta (Goldsworthy) Irwin '88



## Turkey Cutlets with Sun-Dried Tomatoes

1/4 tsp. white pepper	1 can (4 oz.) sliced mushrooms
1 pound turkey cutlets	1/4 c. thinly sliced green onions
1/4 c. sun-dried tomatoes in oil, drained, sliced and 2 Tbsp. oil reserved	1/4 c. white wine

Sprinkle each cutlet with pepper. In large non-stick skillet, over medium high heat, sauté turkey in 1 Tbsp. reserved oil from tomatoes 2 to 3 minutes per side or until turkey is no longer pink in center. Transfer to platter to keep warm.

In same skillet sauté mushrooms and onions 1 to 3 minutes in remaining oil. Add wine and tomatoes; simmer 1 to 3 minutes or until heated throughout. To serve, spoon sauce over cutlets.

Gretta (Goldsworthy) Irwin '88

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## Deluxe Turkey Club Pizza

1 prepared pizza crust or focaccia bread	1 tsp. dried basil leaves
1/4 c. reduced-calorie mayonnaise	8 slices of turkey deli meat
1 tsp. lemon zest	6 slices of turkey bacon
1 tsp. Dijon mustard	1 tomato
1 c. shredded monterey jack cheese	1/2 c. shredded Swiss cheese

Heat oven to 425°. In a small bowl combine mayonnaise, lemon zest and mustard; blend well. Spread over prepared crust. Cook turkey bacon in a microwave for 4-6 minutes. Top pizza with Monterey Jack cheese, basil, cooked turkey bacon, turkey deli slices, and tomatoes. Sprinkle with Swiss Cheese. Bake at 425°. for 7-9 minutes or until crust is golden brown and cheese is melted.

Gretta (Goldsworthy) Irwin '88



## Smoked Turkey Spread

8 oz. smoked turkey breast, cut  
into small pieces  
3 oz. cream cheese at  
room temperature  
1/4 c. sour cream  
2 Tbsp. milk

2 green onions sliced  
1/4 tsp. dill weed  
1/4 tsp. dried basil leaves  
1/4 tsp. summer savory  
4 - 6 drops hot pepper sauce

Combine all ingredients in a medium sized bowl. Refrigerate for several hours or overnight. Serve with party rye bread or crackers.

Gretta (Goldsworthy) Irwin '88

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## Quick-braised Broccoli with Sun-dried tomato

2 Tbsp. pine nuts  
1 1/2 Tbsp. vegetable oil  
2 large heads broccoli (1 lb.)  
cut small

1/4 c. crumbled goat cheese  
1/4 c. oil-packed sun-dried tomatoes  
2 Tbsp. balsamic vinegar

Toast pine nuts in a dry skillet over medium heat 3 to 4 minutes, stirring occasionally. Transfer to large bowl. Heat oil in same skillet over medium-high heat. Add broccoli, and cook 2 minutes, or until florets are evenly coated with oil and beginning to soften and brown, stirring constantly. Carefully add 1/3 c. water; cover tightly with lid. Steam broccoli 4 minutes, or until water has evaporated and broccoli is tender. Transfer broccoli to bowl with toasted pine nuts, and season with salt and pepper, if desired. Sprinkle goat cheese over broccoli, and stir in sun-dried tomatoes. Drizzle vinegar over top, and serve warm.

Tiffany (Gilbert) Muilenburg '06

## Reba's Sweet Potato Casserole

1 large can sweet potatoes,  
drained or 3-4 cooked,  
peeled, sweet potatoes  
1/4 tsp. salt  
1 tsp. vanilla extract

1/2 tsp. cinnamon  
2 Tbsp. margarine, softened  
1/4 c. brown sugar  
2 eggs

### Topping:

2 Tbsp. margarine, melted  
3 Tbsp. flour

1/4 c. brown sugar  
1/4 c. pecans, chopped

Mash potatoes and add salt, vanilla extract, cinnamon, margarine, sugar, and eggs. Pour into a greased casserole dish. Mix the topping ingredients and sprinkle over the top of the potato mixture. Bake at 350° for 30 minutes.

Tiffany (Gilbert) Muilenburg '06

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## Easy Cheesy Turkey Loaf

1 lightly beaten egg  
1/2 c. skim milk  
1 pound ground turkey  
3/4 c. rolled oats  
1 onion, peeled and finely chopped

1/2 c. shredded extra-sharp cheddar  
cheese  
Salt or garlic salt to taste  
3 Tbsp. catsup (optional)

Combine ingredients except catsup and mix lightly. Place in a non-stick loaf pan. Spread top with catsup. Bake in a preheated 350° oven for 1 hour.

Gretta (Goldsworthy) Irwin '88

## Roasted Broccoli

4 c. fresh broccoli, cut small	4 tsp. garlic
1/4 c. olive oil	1 tsp. salt
1 Tbsp. chili powder	

Mix together olive oil, chili powder, garlic and salt in a bowl. Add the broccoli and toss to coat.

Place on a cookie sheet and roast for 20 - 30 minutes at 425°.

Broccoli should be browned and sizzling. It can be flipped halfway through cooking, but not necessary.

Tiffany (Gilbert) Muilenburg '06

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## George's Authentic Lebanese Hummus

2 cans of garbanzo (or chick peas)	3 regular spoonfuls of Tahini
2 cloves minced garlic	Dash of lemon juice
Pinch of salt	Paprika (for garnish)
Crushed black pepper (to taste)	

Take one can of garbanzo beans, juice and all, and toss into a blender.

Drain the second can and then toss that in as well. Puree' this until mushy.

Add remaining ingredients except paprika. Serve with the paprika garnish.

Feel free to add some olive oil as garnish too

Tiffany (Gilbert) Muilenburg '06

## **French Dip in the Crock Pot**

*Dedicated to Adam Gregg '06*

1 beef roast (up to 5 1/2 lbs)  
2 envelopes dry Italian Salad  
Dressing Mix  
1 pkg. dry au jus mix

1 can beef broth  
1 can water  
Hoagie or brat buns

Put all together in crock-pot. Cook all day on low. LOW- 12 to 14 hours or HIGH 5 1/2 to 7 hours

Serve on Hoagie or Brat buns. Works for two arm roasts or one sirloin tip or rump. Use juice remaining in crock pot for dipping. Makes 6-8 servings.

Carol Gregg

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## **Cheesy Potato Kugel**

3 pounds peeled and shredded  
potatoes  
4 eggs  
Salt and pepper to taste

5 Tbsp. olive oil  
1 onion, chopped  
2-1/2 c. Cheddar cheese, shredded

Preheat oven to 350° F. Grease a 9 x 5-inch loaf pan. Place potatoes in a colander and squeeze out moisture. In a large bowl combine eggs, salt, pepper, oil and onion. Place potatoes and cheese in the bowl and mix well. Pour mixture into the prepared loaf pan. Bake at 350° F (175° C) for 1 hour. Raise heat to 450° F and bake for 5 to 10 minutes until browned, serve hot.

Brenda Strong '82

## Yugoslavian Meatballs

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1 1/2 lbs extra lean ground beef    | 1/4 c. of whole milk            |
| 3 raw eggs                          | 2 cans each of Campbell's Beefy |
| 1 Tbsp. each of mustard & ketchup   | Mushroom Soup and Cream of      |
| 1 tsp. each of salt & pepper        | Celery Soup                     |
| 1 'sleeve' crushed saltine crackers |                                 |

Preheat the oven to 325° and combine all raw ingredients in a large mixing bowl and mix by hand until everything is blended well.

On a lightly greased cookie sheet, place meatballs that are LIGHTLY PACKED about the size of a golf ball and bake for 20 minutes.

Take cooked meatballs, place in a large pot, cover with all 4 cans of soup and simmer for about 20 minutes, stirring occasionally. Serve over mashed potatoes, egg noodles or just plain with sourdough bread.

Don Groh '76

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## Pork Chops and Sauerkraut



- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 4 pork chops                        | 1/2 small apple (peeled, cored, and |
| Salt and pepper                     | chopped)                            |
| 2 Tbsp. olive oil                   | 1 tsp. dried parsley flakes         |
| 14 oz. sauerkraut (fresh or canned) | 1/4 tsp. celery seed                |
| 1/4 onion (thinly sliced)           | 1/4 c. beer                         |

Sprinkle pork chops with salt and pepper, to taste. Heat olive oil in a skillet and brown pork chops on both sides. Set aside. Rinse and drain sauerkraut, press excess liquid out. Mix sauerkraut, onion, apple, parsley flakes, and celery seed. Put pork chops in a baking dish and then cover with sauerkraut. Pour beer and drippings from skillet over the top. Cover tightly with tin foil and bake at 350° for 90 minutes.

Michelle Vobr '06



## **Hamburger Potato Casserole**

*Dedicated to Stephanie Ruzicka '11*

5 or 6 medium potatoes, thinly sliced

Salt and pepper - to taste

Flour

1 lb. lean hamburger, cooked and drained

1 medium onion, chopped

1 can low-sodium mushroom soup

Spray Pam on large casserole dish. Place layer of potatoes in casserole. Sprinkle with salt, pepper and a little flour. Add layer of hamburger and onion and repeat layers. Pour soup over top. Bake at 350° for 1 hour. May add frozen peas in layers.

**Chris Ruzicka**

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## **Rice Casserole**

1 stick (1/4 pound) margarine or butter

1 large yellow (not sweet) onion

1 c. rice - uncooked

1 can beef consommé

1 can water

Heat oven to 350°. Grease a 2 quart casserole dish. Melt 1 stick of margarine or butter in a frying pan. Dice one large, yellow onion (not sweet) and sauté in butter until light brown (about 5 minutes). Stir in 1 c. rice and let mixture cook on low heat for another 5 minutes, stirring occasionally so rice doesn't burn. Put mixture into casserole dish, add can of beef consommé and can of water. Bake for 45-60 minutes until top is crunchy brown.

**Barb Pettitt '72**



## **Turkey Meatloaf**

*Dedicated to Dillon Thornbury '14*

1/4 c. quick-cooking oats	2 tsp. Worcestershire sauce
1/2 c. skim milk	1/4 c. ketchup
1 medium onion, peeled	1/2 tsp. salt
2 pounds ground turkey	Freshly ground black pepper
1/2 c. chopped red bell pepper	1 (8 oz.) can tomato sauce
2 eggs, beaten	

Preheat the oven to 350°. In a small bowl, stir together the oats and milk. Thinly slice ¼ of the onion and set aside. Finely chop the remaining onion. In a large bowl combine the turkey, oat mixture, chopped onion, bell pepper, eggs, Worcestershire sauce, ketchup, salt and a few grinds of pepper. Mix just until well combined.

Transfer the mixture to a 9 x 13" baking dish and shape into a loaf about 5 inches wide and 2 ½ inches high. Pour the tomato sauce over the meatloaf and sprinkle with the sliced onions. Bake for about 1 hour or until an instant-read thermometer registers 160°.

Remove from the oven and let rest for 10 to 15 minutes before slicing.

**Pam Thornbury**

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## **Green Tomato Casserole**

6 green tomatoes, sliced 1/4 to 1/2 inch thick	8 oz. sharp cheddar cheese, grated
	Salt and pepper

Preheat oven to 375°. Arrange half of the tomato slices in a single layer in 9 x 13" dish (spray lightly). Sprinkle with salt & pepper. Top with half the cheese. Repeat with remaining tomatoes and cheese. Bake covered for 45 min. Uncover and bake an additional 15 minutes.

**Eleanor (Vos) Short '47**

## **Skillet Gnocchi with Spinach and White Beans**

*Dedicated to Dillon Thornbury '14*

1 Tbsp. plus 1 tsp. extra-virgin  
olive oil, divided

1 (16 oz.) package shelf-stable  
gnocchi

1 medium yellow onion, thinly sliced

4 cloves garlic, minced

1/2 c. water

6 c. chopped spinach

1 (15 oz.) can diced tomatoes with  
Italian seasonings

1 (15 oz.) can white beans, rinsed

1/4 tsp. freshly ground pepper

1/2 c. shredded part-skim

mozzarella cheese

1/4 c. finely shredded

Parmesan cheese

Heat 1 Tbsp. oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.

Add the remaining 1 tsp. oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add spinach and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

**Pam Thornbury**

## Apple Dijon Pork Chops

4 bone in pork chops  
Salt and pepper to taste  
1/2 c. applesauce

1 Tbsp. Dijon mustard  
1/2 Tbsp. olive oil

Heat skillet with olive oil. Season pork chops with salt and pepper and place in skillet over medium heat. Cook 5 minutes per side or until cooked through. In small bowl, combine applesauce, mustard, and olive oil. Spoon over top of chops and serve with asparagus.

Dawn (Bennett) Van Haaften '88

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## Roasted Vegetables

I cut any or all of the following into bite size pieces, then throw them together into a large bowl:

Red or white potatoes  
Zucchini  
Eggplant  
Sweet red, yellow or green peppers

Sweet onion  
Grape tomatoes  
Brussel sprouts

Once in the bowl I sprinkle the veggies with olive oil (1 to 2 Tbsp.), McCormick's Garlic & Onion Medley to taste, or simply with coarsely ground sea salt and pepper. Next, spread the veggies evenly in a jelly roll size pan and bake them at 425° for 20-25 minutes. I use a stoneware pan, so I usually spray it lightly with olive oil. You can also sprinkle shredded parmesan cheese on the veggies shortly before you remove them from the oven.

Kristine (Feigenbaum) Erickson '71

## Vegetarian Shepherd's Pie

2 cans (15 oz. each) Progresso® kidney beans, drained, rinsed  
1 jar (16 oz.) Muir Glen® organic salsa (any variety)  
1 c. frozen green peas  
1 c. Green Giant® Valley Fresh Steamers™ Niblets® frozen corn  
1 medium carrot, chopped (1/2 c.)  
1 1/4 c. water

1/4 c. fat-free (skim) milk  
2 Tbsp. no-trans-fat margarine or butter  
1/4 tsp. salt  
1 1/4 c. plain mashed potato mix (dry)  
2 Tbsp. grated parmesan cheese  
Chopped fresh chives or parsley, if desired

In 10-inch nonstick skillet, heat beans, salsa, corn and carrot to boiling. Reduce heat to low; cover and simmer about 15 minutes or until carrot is tender.

In 2-quart saucepan, heat water, milk, margarine and salt to boiling. Remove from heat. Stir in mashed potato mix just until moistened. Let stand about 30 seconds or until liquid is absorbed. Whip mashed potatoes with fork until fluffy.

Spoon mashed potatoes onto bean mixture around edge of skillet. Cover; simmer 5 minutes. Sprinkle with cheese and chives before serving.

Cheryl (Neuman) Gilmour '70

## Gluten Free Quiche

### Crust:

3 c. hash brown potatoes or 3 c. grated raw potatoes (5-6 medium potatoes)  
1/3 c. butter or margarine, melted

### Filling:

1/2 c. cooked, drained, crumbled sausage or 1/2 c. cooked, diced ham or 6 slices fried, crumbled bacon	1/4 c. Swiss or monterey jack cheese 1 tsp. dried basil 1 tsp. chopped chives Salt and pepper to taste 3/4 c. rich milk
5 eggs 1/4 c. diced onion 1/2 c. grated Cheddar cheese	

Preheat oven to 425°.

### Crust:

Spray vegetable oil on bottom and sides of large pie plate. Press in the potatoes to half-inch depth on bottom and up sides. Pour the butter evenly over the potatoes and bake for 30 minutes.

### Filling:

Prepare your choice of meat and set aside. Beat the eggs in a large mixing bowl. Add the eggs, onion, cheeses, basil, chives, salt, and pepper. Stir in the milk and meat. Pour gently over the partially baked crust and return to the oven with the temperature lowered to 350°. Bake for 40-45 minutes, or until the center is set and knife inserted comes out clean.

Serve immediately. Makes 4-6 servings.

Mary (Van Mantgem) Kuyper '67

## Baked Crab Rangoon

1 can (6 oz.) white crabmeat,  
drained, flaked

4 oz. (1/2 of 8-oz. pkg.) Philadelphia  
Neufchatel Cheese, softened

2 green onions, thinly sliced

1/4 c. Kraft Light Mayo Reduced  
Fat Mayonnaise

12 won ton wrappers

(found in produce section of  
grocery store)

Heat oven to 350°. Mix first 4 ingredients. Place 1 won ton wrapper in each of the 12 muffin cups sprayed with cooking spray, extending edges of wrappers over sides of cups. Fill with crab mixture.

Bake 18 to 20 minutes or until edges are golden brown and filling is heated through.

Serve with sweet and sour sauce.

Raegan (Schultz) Wagner '04

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## Potato Casserole (Mashed)

*Dedicated to Lorna (Medd) Sopcak '72*

9 large potatoes, peeled

2 tsp. onion salt

Salt and pepper

1 c. sour cream

3 oz. cream cheese

Cook potatoes until done, mash and add onion salt, salt and pepper, sour cream and cream cheese. Mix together and put in a 9 x 13" pan. Let set over night in the refrigerator. Bake for 1 hour at 350°.

Louise Medd



## Homemade Meatballs in Tomato Sauce

Two cans of crushed tomatoes	2 tsp. salt
1/4 c. of olive oil	1 tsp. pepper
4 cloves of garlic	1/2 c. of milk
5 basil leaves	3 tsp. garlic powder
2 pounds of chopped beef	1 1/2 to 2 c. of bread crumb
3 eggs	2 Tbsp. of parsley flakes

The Sauce:

Sauté cloves of garlic in olive oil until golden brown. Add tomatoes and basil leaves and cook on medium heat for one hour.

For Meatballs:

In a bowl beat three eggs in milk, add salt, pepper, garlic powder and parsley flakes. Add this mixture to the meat and then add bread crumbs. After mixture is mixed with hands, shape into medium sized balls and sauté them in 1/4 c. of olive oil until brown on both sides, then add them to the tomato sauce and cook for another 45 minutes to an hour on medium heat.

Gregory Christiano '69

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## Carrot Soufflé

1 (16 oz.) bag of baby carrots	1/4 c. softened butter
3 eggs	1/4 c. flour
1 1/4 c. sugar	1 1/2 tsp. baking powder
1/2 c. sour cream	1/4 tsp. cinnamon

Boil carrots until tender and drain well. Process carrots in food processor or blender until smooth. Add remaining ingredients and process for 30 seconds or until smooth. Pour into slightly greased 8 inch square or round baking dish. Bake at 350° for 50-60 minutes or until set.

Brenda Strong '82

*Chicken*

## Crock Pot Chicken Ole

12 flour tortillas	1 Tbsp. chopped onions
1 c. sour cream	4 c. diced, cooked chicken
1 can cream of mushroom soup	1 1/2 c. shredded cheddar cheese
1 can cream of chicken soup	
8 oz. green chili salsa (or regular salsa)	

Mix everything together EXCEPT the tortillas and the cheese in a large bowl. Cut tortillas in 6-8 pieces each. Layer 1/3 of the sauce mixture, then 1/2 of the cut-up tortillas, 1/3 sauce, 1/2 tortillas, the remaining 1/3 of the sauce in a crock pot. Cook 4-5 hours on LOW. Add shredded cheese on the top and cook 15-20 minutes longer.

Diane (Van Weelden) Schuring '72

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## Chicken Cacciatore

1 lb chicken breast, cut in strips	1/2 c. onion, sliced thin
2 Tbsp. olive oil	1/2 green pepper, sliced
1 can tomato sauce or soup	2 large garlic cloves, minced
1/4 c. red wine	1 tsp. oregano

In skillet brown chicken. Add onions, cook 3 minutes. Pour off oil. Add everything except peppers and bring to a boil. Turn down to simmer for 20 minutes. Add peppers and cook for 15 minutes. Serve over rice.

Renee (Schindler) Nygaard '97

## **Chicken and Cheese Stuffing Bake**

*Dedicated to Arlys (Van Zee) Verdoorn '56*

6 chicken breasts, cut into  
serving-sized pieces

1 pkg. swiss cheese slices

1 pkg. Stovetop Stuffing mix

2 cans cream of mushroom soup

1 stick of butter or margarine

Lay chicken breasts in the bottom of a 9 x 13" baking dish. Lay a swiss cheese slice over chicken to cover all. Spread soup over chicken and cheese. Melt butter and mix with stuffing mix ingredients. Sprinkle over top. Cover with foil and bake at 350° for 1 hour and 15 min.

Uncover and bake another 15 min.

**Beth (Verdoorn) Draheim '80**

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## **Chicken-Chip Casserole**

*Dedicated to Dorothy Dykstra '56*

4 c. chicken breast, cut into  
bite-sized pieces

Doritos nacho chips

1 can cr. chicken soup

1 can cr. mushroom soup

1 1/2 c. milk

1 can Rotel tomatoes

3 c. shredded cheddar or colby jack  
cheese

Optional: diced onion, green or red  
pepper, canned mushrooms

Spread a layer of nacho chips in the bottom of a 9 x 13" baking dish. Spread chicken over this. Mix soups, milk and tomatoes. Spread over chicken. Put optional ingredients over this. Cover with 1 c. of the cheese. Put another layer of chips over top and cover with remaining cheese.

Bake in 350° oven for 1 hour. May need to cover with foil toward the end to keep the chips from burning.

**Beth (Verdoorn) Draheim '80**

## Chicken and Yellow Rice

1 medium onion diced	1 Tbsp. red wine vinegar
1/2 green pepper diced	1/2 tsp. oregano
3-4 cloves garlic minced	Pinch saffron
Olive oil for sautéing	1 pkg. Vigo flavoring & Coloring
1 can stewed tomatoes, Italian style	1.5 lbs chicken breast, uncooked and cubed
1 Tbsp. chicken flavor soup base	4 c. of chicken broth, salted
2/3 c. water	2 c. Uncle Ben's rice, uncooked
2-3 bay leaves	

Sauté onion, garlic, green pepper until transparent in olive oil. Add tomatoes, water, and soup base. Break up tomatoes with spoon and simmer low for an hour uncovered until tomatoes are broken up and stew is thick. Be sure to stir frequently.

Add saffron, oregano, Vigo flavoring and red wine and cook for 10 minutes. Put in chicken pieces until it loses most of its pink (can add sausage, crab meat or shrimp too). Add broth, turn on high and bring to boil, taste for seasoning and adjust (should be a little salty because going to cook rice).

When rapidly boiling, stir in rice, let come back to boil while stirring. Reduce heat to low and cook covered for 20 minutes. Turn off heat and put a triple layer of paper towels under cover on top of rice. Recover and let sit for 15 minutes. Stir and serve with salad!

Renee (Schindler) Nygaard '97

## **Cream Cheese and Chive Chicken**

4 skinless, boneless chicken breasts	Salt
4 oz. cream cheese, cut into 4 pieces	Pepper
8 slices bacon	Garlic powder
1 tsp. fresh chopped chives	

Preheat oven to 400°.

Flatten each breast to about 1/3 of an inch thick. Salt and pepper each breast to taste.

Put one piece of cream cheese in the center of chicken breast and sprinkle with ¼ tsp. of chives and garlic powder to taste.

Wrap two strips of bacon around each breast. Anchor with toothpick, if needed.

Place prepared breasts in a 9 x 11" baking pan. Bake for 45 minutes to 1 hour. If you prefer crispy bacon on top, turn on broiler and watch closely until desired crispiness.

Kristine Milburn '95

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## **Easy Chicken Casserole**

Bake 2 skinless chicken breasts for 1 hour on 350 degrees in the oven.

Boil water and add ¾ pkg. of no yolk egg noodles. Boil until cooked and drain and put back in pan

Cut the chicken up in small pieces add to noodles.

Stir in one can cream of mushroom soup and one can cream of herb and chicken soup (I can only find this at Target and it is the key ingredient).

Also add 1 8 oz. container of sour cream.

Put everything in an oven baking dish, and top with 1 sleeve of club crackers that you have crushed up and melted 1 stick of butter over in a saucepan.

Bake at 350° for ½ hour and enjoy.

Libby (Hysell) Carlton '03



## **Poulet Basquaise (Basque Chicken)**

4 small, mildly hot green chilies (or substitute ½ tsp. hot red pepper flakes)	12 fat garlic cloves, cut into thin slices
1 chicken (3 to 4 pounds) well rinsed, patted dry, cut into 8 serving pieces, and at room temperature (or substitute chicken breasts)	2 pounds red bell peppers, cored, seeded, and thickly sliced
Salt and freshly ground black pepper	4 thick slices unsmoked ham, such as prosciutto, cubed
5 Tbsp. vegetable oil	2 large onions, coarsely chopped
	2 pounds tomatoes, peeled, cored, seeded, and chopped (or substitute 1 large can [28 oz.] plum tomatoes, drained)

Core and seed the chilies. Slice into 1/8-inch strips; set aside. Season the chicken with salt and pepper. In a nonreactive, deep-sided 12-inch skillet, heat 3 Tbsp. of oil over high heat. When the oil is hot but not smoking, add the chicken and brown on one side until the skin turns an even, golden brown. Turn the pieces and brown them on the other side, for an additional 5 minutes. Work in batches, if necessary. Return all of the chicken to the skillet (its okay to crowd them all in). Add the garlic, bell peppers, chilies, and ham, burying the ingredients amid the chicken pieces. Cook, covered, over medium heat, until the chicken is cooked through and the peppers are meltingly soft, about 45 minutes. The pan will make a lot of crackling noises as the peppers give off much of their liquid. Turn the mixture from time to time, and adjust heat to avoid scorching. You want a tender sauce. Meanwhile, in another large skillet, heat the remaining 2 Tbsp. of oil over high heat until hot but not smoking. Add the onions. Reduce the heat to medium-low and cook until very soft (about 5 minutes). Add the tomatoes and continue cooking for another 30 minutes. The mixture should be soft and well-blended. Season to taste with salt. (The dish can easily be made ahead to this point. Reheat both mixtures separately.) To serve, layer the tomato and onion mixture on a preheated platter. Cover with the chicken mixture, and serve immediately, with white rice.

**Kristine Milburn '95**

## Honey-and-Lavender-Glazed Chicken

4 tsp. lavender flowers, crushed	1 tsp. salt
2 tsp. minced dried lavender stems	4 chicken breast halves
1 Tbsp. fresh thyme leaves	1/4 c. strong-flavored honey,
2 tsp. dried winter savory leaves	preferably lavender or acacia
12 black peppercorns	

Preheat oven to 450°.

In a mortar, grind together 2 tsp. of the lavender flowers, the stems, thyme, winter savory, peppercorns, and salt. Rub each chicken breast half with 1 tsp. of the mixture. Place chicken breasts, skin side up, on a baking sheet. Roast for 10 minutes. Remove from the oven and baste the chicken skin thoroughly with the honey. Sprinkle all but 2 tsp. of the remaining herb mixture evenly over the chicken breasts. Return to the oven, reduce the heat to 350°, and roast, basting frequently with the pan juices, until the juices run clear when a chicken breast is pierced with the tip of a knife, about 20 minutes longer. Frequent basting is important as the honey, once warm, pours off the chicken into the pan and regular basting ensures the honey flavor of the finished dish.

Remove from the oven and serve immediately, sprinkled with the remaining 2 tsp. of crushed lavender flowers.

Kristine Milburn '95

## **Chicken Feet Stock**

Place chicken feet in a large pot

Fill to cover with water.

Add 1-2 Tbsp. of white vinegar (more or less depending on the size of the pot)

Bring to a boil and turn down to simmer for 24 hours minimum.

The vinegar pulls the nutrients out of the feet. The stock is strained and discard the feet though some folks may want to eat them. Chill the stock and place it in freezer boxes.

**Charles Edward Henkel '61**

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## **Crock-pot Buffalo Chicken Sandwiches**

4 boneless, skinless chicken breasts	1/2 (1 oz.) package of ranch salad
1 (16 fluid oz.) jar of Cookies Buffalo	dressing mix
Wing Sauce	6 Hoagie buns

Place the thawed chicken breasts in the bottom of your crock-pot. Pour 3/4 of the bottle of wing sauce over chicken breasts. Sprinkle 1/2 of your packet of ranch dressing mix on top of chicken breasts. Cook in your crock-pot on low for 6-7 hours. Shred chicken using 2 forks. Place chicken on the hoagie buns, (top with remaining buffalo sauce and/or cheese if desired) Serve and enjoy!

**Leah (Reilly) Mensen '99**

## **Oriental Chicken**

1/2 c. chicken broth	2 c. cooked and cubed chicken
3 Tbsp. soy sauce	or turkey (can use beef, pork or shrimp)
1 Tbsp. cornstarch	
1 Tbsp. brown sugar	1/3 c. cashews or peanuts (this really adds to the flavor)
1/8 tsp. garlic powder	
1 Tbsp. oil; also 2 tsp. oil later	
16-oz. package Green Giant frozen broccoli-carrot fanfare (can be other frozen vegetables of your choosing)	

In a small bowl, combine chicken broth, soy sauce, cornstarch, brown sugar and garlic powder.

In large skillet, on medium-high heat, cook and stir vegetables in 1 Tbsp. hot oil for 4 minutes. Remove vegetables from skillet. Reduce heat to medium and add 2 tsp. oil. Stir in the chicken; cook and stir for 2 minutes. Stir in chicken broth mixture. Heat, stirring, until thickened and bubbly. Stir in vegetables. Cover and simmer 2 minutes. Sprinkle with cashews or peanuts. Serve over rice or noodles. (You can have them cooking while you make the stir-fry). We especially like this with noodles.

Jan Webber

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## **Chicken and Stuffing**

1 pkg. Stove Top stuffing

Make according to directions on the box, but omit the butter.

Pat into 9 x 9" baking dish.

Brown the outside of 4 chicken breasts and place on top of stuffing.

Pour 1 jar of fat free chicken gravy over the chicken and bake at 350° for 30-35 minutes.

Angela (Veenstra) Vander Velden '97

## Portobello-Chicken Panini

*Dedicated to Jessica (DeBruin) Winegar '06*

2 plum tomatoes, sliced	1 clove garlic, minced
1 Tbsp. olive oil	2 large Portobello mushroom caps
1 Tbsp. red wine vinegar	2 slices of onion
1/2 tsp. Italian seasoning	1 c. provolone cheese, grated
1/2 tsp. salt	8 slices Italian or Vienna bread
1/4 tsp. pepper	1 c. roasted chicken, shredded

In mixing bowl, combine oil, vinegar, Italian seasoning, salt, pepper and garlic; whisk until well blended. Brush both sides of mushroom caps and onion slices.

Heat grill pan for 5 minutes. Place mushrooms and onion onto grid; place grill press on top. Grill 4-6 minutes, turning once.

Remove mushrooms and onions and thinly slice on bias. Set aside.

Butter one side of each slice of bread. Arrange 4 slices buttered side down on pan.

Top with 1/2 of the cheese. Arrange chicken, mushrooms, onion and tomatoes on top of cheese. Top with remaining cheese and remaining bread slices, buttered side up.

Grill in grill pan with press for 4-6 minutes.

Scott '79 and Deb (Schneider) DeBruin '84



## **Crock-Pot Chicken Casserole**

*Dedicated to Jessica (DeBruin) Winegar '06*

1/4 c. butter or margarine	1 Package dry Italian dressing mix
1/2 c. chicken broth	1 8-oz. chive cream cheese
1 1/2 lb chicken breast, boneless, skinless, chopped	1 can golden mushroom soup

Heat all the ingredients in the crock-pot.  
Add the bite-size, cut-up chicken pieces. Cook for 4-5 hours in the  
crock-pot. Serve over angel hair pasta.

Scott '79 and Deb (Schneider) DeBruin '84

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## **Chicken Piccata**

*Dedicated to Dustin Pals '11*

4 skinless, boneless chicken breast halves, cut in serving-size pieces	1/3 c. lemon juice
2 Tbsp. butter	1 small jar capers, drained
2 Tbsp. olive oil	1/2 tsp. pepper
1/2 c. chicken broth	2 Tbsp. butter
	parsley, for garnish

In a large sauté pan, melt 2 Tbsp. butter with 2 Tbsp. olive oil. Add chicken  
pieces and cook just until brown, about 3-5 minutes per side. Remove  
chicken from pan. Add broth, lemon juice and capers to the pan and bring  
to a boil over medium heat, scraping up the brown bits from the bottom of  
the pan for extra flavor. Return the chicken to the pan and simmer  
until just cooked through, about 5 minutes, adding pepper to the chicken.  
Transfer the chicken to a platter. Whisk the remaining 2 Tbsp. butter into  
the sauce and pour over the chicken. Garnish with parsley to serve. This is  
very good served with pasta or potatoes.

Larry '69 and Karla Pals



## Sesame Chicken Satay

1/2 c. rice wine vinegar	2 1/2 Tbsp. sugar
1/2 c. creamy peanut butter	4 chicken breast halves cut each into thin strips
1/2 c. soy sauce	1/4 c. chopped scallions
2 1/2 Tbsp. sesame oil	

Preheat oven to 350°. Line a baking sheet with foil. Combine vinegar, peanut butter, soy sauce, sesame oil and sugar in a food processor. Process until smooth. Toss ½ the mixture with the chicken tenders until the chicken is well coated. Reserve the remaining ½ for dipping. Spread the chicken out on a prepared baking pan in a single layer. Bake until firm, about 30 minutes. Garnish with chopped scallions and use the remaining peanut butter mixture as a dipping sauce.

Tiffany (Gilbert) Muilenburg '06

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## Chicken Salad Dijon with Grapes and Apples

*Dedicated to Christopher Ellerston '11*

1 pound trimmed boneless, skinless chicken breasts	3 Tbsp. fat-free plain yogurt
3 tsp. extra virgin olive oil	3 Tbsp. dijon mustard
salt, to taste	1/3 c. chopped celery
ground black pepper, to taste	1/3 c. halved seedless red grapes
	1/3 c. chopped red apple

Preheat grill to high heat. Rub the chicken all over with 1 tsp. oil and season with salt and pepper. Place on grill and cook 3-5 minutes per side, or until the chicken is no longer pink and juices run clear. Allow the chicken to cool and then cut into bite-sized pieces.

In a large glass or plastic mixing bowl, whisk together the remaining 2 tsp. oil, the yogurt and mustard. Add the chicken, celery, grapes and apple and toss to combine. Season with salt and peppers and serve.

Jim '72 and Shelley (Best) Ellerston '76

## **Bow Ties with Chicken and Shrimp**

*Dedicated to Christopher Ellerston '11*

5 1/4 c. uncooked bow tie pasta  
3/4 lb. boneless skinless chicken  
breasts, cubed  
1 Tbsp. Butter  
1 Tbsp. Olive oil  
2 green onions  
2 garlic cloves, minced  
2 cans (14 1/2 oz. each) Italian diced  
tomatoes, undrained  
2 Tbsp. minced fresh parsley,  
divided

1 Tbsp. each minced fresh basil,  
thyme and oregano OR 1 tsp. each  
dried basil, thyme and oregano  
1/4 tsp. pepper  
2 tsp. cornstarch  
1/2 c. reduced sodium chicken broth  
3/4 lb. cooked large shrimp, peeled  
and deveined  
3 plum tomatoes, diced  
10 large pitted ripe olives, sliced  
Minced fresh parsley, optional

Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, sauté chicken in butter and oil until no longer pink. Add onions and garlic; cook 1 minute longer. Stir in the canned tomatoes, parsley, basil, thyme, oregano and pepper.

Combine cornstarch and broth until smooth; stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the shrimp, plum tomatoes and olives; heat through. Drain pasta; serve with chicken mixture. Sprinkle with parsley if desired.

**Jim '72 and Shelley (Best) Ellerston '76**

## Chicken Breasts in a Crème Sauce

2-3 medium unfrozen chicken breasts (skinned and deboned)	1/4 tsp. garlic powder
1 can cream chicken soup	1/4 tsp. parsley flakes
3/4 c. diet cola	(optional 1/4 tsp. Italian seasoning)
2 tsp. dehydrated onion flakes (may also use 3 fresh chopped scallions)	

Pre-heat oven to 350°. Place chicken breasts in a casserole dish. In a mixing bowl combine all other ingredients, mixing well. Pour mixture over chicken breasts making sure all are fully coated. Bake at 350° until chicken is done (approximately 30 minutes). Sauce will become thicker. Remove from oven. Serve with brown rice or wheat pasta. Serve 2-3. To decrease cook time you can also cut the chicken breasts into chunks. Then serve over the rice or pasta.

Bonita (Braaksma) Primley '73

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## Marinated Chicken Breasts

*Dedicated to Tyler Crouse '12 and Mycaela Crouse '14*

Skinless, boneless chicken breasts	2 oz. mustard
16 oz. bottle of Ranch dressing	2 oz. honey
6-7 oz. Italian dressing	

In a large bowl, mix: light ranch dressing, light Italian dressing, honey, and yellow mustard. Marinate this over night, covered in the refrigerator. Grill the next day. Do not over grill, but the chicken may turn a little black from the marinate. These are really moist and tender.

Jacque Crouse

## **Chicken Vegetable Stir-Fry**

*Dedicated to Beth (Norman) Sletta '86*

1 Tbsp. cornstarch	1 medium zucchini, sliced
1 tsp. salt	1 small red pepper, thin strips
2/3 c. cold chicken broth	1 small green pepper, thin strips
3 Tbsp. oil	1/2 c. thinly-sliced carrots
1/4 lb fresh green beans	Several cherry tomatoes, cut in half
3 small onions, cut in wedges	1/8 c. minced fresh basil or
3 boneless, skinless chicken breast	sweet leaf
tenders, cut up	1 tsp. lemon juice
1 large clove garlic, minced	

Stir cornstarch, salt and broth together; set aside. In a skillet or wok, heat oil on medium heat. Add beans, onion and garlic. Stir for 2 minutes. Add zucchini, peppers and carrots. Stir for 2-3 minutes. Stir-fry chicken 2-3 minutes on high. Stir starch mixture and add to skillet. Stir constantly on medium until boiling; boil for 1 minute. Stir in tomatoes, basil and 1 tsp. lemon juice. Cook 1 minute more.

Jo (Vandelaar) Norman '52

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## **Chicken Stroganoff - Crock Pot Method**

*Dedicated to Cory Jean Bacon '12*

1 pound frozen boneless skinless chicken breasts	16 oz. carton fat free sour cream
1 can fat free cream of mushroom soup	1 envelope dry onion soup mix

Put frozen chicken in bottom of crock pot. Mix soup, sour cream, onion soup mix and pour over chicken. Cook on low for 7 hours. (serve it over rice or noodles)

Frances Bacon

## Buffalo Chicken Wraps

2 lg. chicken breasts, cut in half  
1/2 of a 1 oz. package Ranch  
Dip mix

1 17.5 oz. bottle Buffalo Wing Sauce  
2 Tbsp. butter

Place the 2 large chicken breasts in a crock pot. Then sprinkle the Ranch Dip mix on top and pour 3/4 of the bottle of wing sauce into the crock pot. Lift up the chicken breasts to get some sauce under them and mix around the Ranch Dip mix. Cook on low for 6 hours, thinner chicken breast will take less time. Chicken breasts are done when they are easily able to be shredded. Take the chicken out of the crock pot and shred.

Next, melt 2 Tbsp. butter in a small saucepan then combine with the shredded chicken and the rest of the wing sauce.

Finally, wrap in a tortilla shell and add some spinach and ranch dressing to tame down the spicy buffalo chicken!

Krystal Rozeboom '10

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## Chicken and Stuffing Casserole

*Dedicated to Lorna (Medd) Sopcak '72*

1 chicken, cooked and cut up  
1 6 oz. stove top stuffing plus  
seasoning packet mix  
1/2 c. melted butter

1 can mushroom soup  
1 can cream of mushroom soup  
1/2 c. chicken broth

In a sauce pan, heat thoroughly the soups and chicken broth. In 9 x 13" pan, spread half of the stuffing mixture. Lay all the cut up chicken on top of the stuffing. Pour on all of the soup mixture. Top with the rest of the stuffing. Bake uncovered at 350° for 35-40 minutes

Louise Medd



## Chicken Ole

*Dedicated to Dillon Thornbury '14*

1 c. chunky salsa	3 Tbsp. butter
1/4 c. Dijon mustard	1/2 c. plain non-fat yogurt
3 Tbsp. freshly-squeezed lime juice	1 lime, cut into 6 slices
6 chicken breasts, boneless and skinless	

In a large bowl, combine salsa, mustard and lime juice. Add chicken, turning to coat. Marinate in refrigerator for at least 30 minutes.

In a large sauté pan, melt butter over medium heat until foamy. Remove chicken from marinade and place in sauté pan. Cook, turning frequently, until well-browned on all sides.

Add marinade to sauté pan and cook for 5 minutes more or until fork can be inserted into chicken with ease and marinade is slightly reduced and beginning to glaze.

Remove chicken to heated serving platter. Raise heat to high and boil marinade 1 minute to reduce liquid. Pour over chicken. Garnish with 1 Tbsp. of yogurt and a lime slice on each piece of chicken.

**Pam Thornbury**



## **Oven Roasted Chicken and Vegetables**

*Dedicated to Adam Gregg '06*

1 Envelope Lipton Onion Soup Mix	4-5 red potatoes cut into chunks
1/4 c. olive oil	(leave skin on)
1 shake of garlic salt or powder (optional)	8 oz. baby carrots
2 - 2 1/2 pounds boneless skinless chicken breast	

Preheat oven to 450° - Bake for 50-60 minutes.

In large bowl put olive oil and soup mix, stir together. Add one shake of garlic salt, if desired. Cut chicken into chunks. Stir all together - carrots, potato chunks and chicken chunks in the big bowl. Stir until all coated with oil mix.

Pour all into a large baking pan with sides. I use a heavier, older cookie sheet with sides. Bake uncovered, stirring after 30 minutes, then bake another 30 minutes. Note: To stir remove from the oven so it doesn't spill over the sides when you stir it halfway through cooking time.

**Carol Gregg**

# *Pasta Dinners*

## **Baked Spaghetti**

*Dedicated to Rachel Davy '11 and Hannah Davy '14*

1 lb spaghetti – cook according to package directions, rinse with cold water, drain

4 oz. Philadelphia cream cheese

1 c. sour cream

1/2 lb ground Italian sausage

1/2 lb ground beef

2 jars (1lb 14 oz. each) Prego

spaghetti sauce

Mozzarella cheese

Parmesan cheese

Brown Italian sausage and drain well; brown ground beef and drain well.

Layer a small amount of spaghetti sauce on bottom of 9 x 13" pan; mix remainder of sauce with the meats. Put a layer of spaghetti over sauce in pan; add another layer of sauce/meat mixture; then add the cream cheese & sour cream mixture, sprinkle with mozzarella cheese, then a layer of spaghetti, then a layer of sauce/meat mixture. Top with parmesan cheese. Cover and bake at 350° for 2 hours.

Remove cover for last 15 minutes. Let stand 15 minutes before cutting.

**Zona Davy**

## Chili Beans & Macaroni

1/4 c. oil	14 oz. can of beans (kidney, pinto)
1 c. celery (leaves and all)	can of water
1 c. onion	1 c. elbow macaroni
5 cloves garlic	1/2 tsp. garlic powder
1/2 c. jalapeno relish or salsa	1 tsp. chili powder
14 oz. can of crushed or finely chopped tomatoes	1 tsp. paprika
	1 c. cheese (cut into 1/4" cubes)

Heat the oil in a kettle, then add and sauté the vegetables until limp (them, not you). Then add the rest of the ingredients except for the cheese. STIR FREQUENTLY or it will stick to the pan. Add the cheese just before serving and give it a chance to melt.

George Heitz '55

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## Penne Pasta Primavera Rosa

*Dedicated to Bobby Wheat '07*

1 pound turkey, ground turkey breast	1 c. sliced mushrooms – optional
1 c. chopped onions	5 Tbsp. grated parmesan cheese
12 oz. frozen broccoli cuts	2 1/2 c. marinara sauce, store- bought, (this is one regular size jar
14 oz. package whole grain penne pasta	store-bought sauce)

Cook pasta per package instructions. Brown turkey with chopped onion and sliced mushrooms. Add frozen broccoli and marinara. Cook until bubbly and heated through. Add sauce to drained pasta. Top each 2-c. serving with 2 tsp. grated parmesan. Enjoy!

Ann Wheat

## Pasta e Fagioli

1-2 celery stalks chopped	1 large can or 2 regular
1/2 onion chopped	cannellini beans
3 or so cloves of garlic crushed	1/2 -3/4 c. Romano cheese, shredded
1 thick slice of prosciutto	3/4 c. ditalini pasta
(ask for # 7 slice at deli)	(or any mini tube pasta)
1 14.5 oz. can chopped tomatoes	1 quart chicken broth (unsalted)
1 small can of tomato sauce	

Black pepper, crushed red pepper, basil, thyme to taste (ok for dried spices)  
Salt- This is tricky because of Romano cheese, I wait and taste toward the end of cooking and then add.

Drain and rinse beans, reserve half (keep whole) and put half in food processor. Blend beans with enough chicken stock to puree.  
In pan, sauté prosciutto, onion, and celery in olive oil for 8-10 minutes, adding garlic towards the end. Add can of crushed tomatoes, rest of chicken stock, tomato sauce, seasonings, and approx 2 (bean) cans of water. Bring to a boil, and then add whole and pureed beans and Romano cheese. Simmer on low, uncovered, for 1-1/2 hours. Add pasta last 15 minutes or so.

Renee (Schindler) Nygaard '97

## Nana's Meatballs

1/2 lb ground beef  
1/2 lb ground pork  
1/2 c. Romano cheese  
1 1/2 c. bread crumbs  
1 Tbsp. oregano  
1 Tbsp. fresh parsley

1 Tbsp. fresh or 1/2 Tbsp. dry basil  
1 tsp. each salt and pepper  
3 cloves garlic, crushed  
4 eggs  
4 Tbsp. milk

Mix crumbs, cheese, oregano, parsley, and basil, salt and pepper together. Work the crushed garlic into mixture with hands. Add meat, eggs and milk and mix well, kneading with hands. Roll into balls. Fry in a little olive oil until browned all over OR, heat oven to 350° and with a little olive oil on bottom of roasting pan, bake for 30-40 minutes, until browned.

Renee (Schindler) Nygaard '97

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## Easy Pesto

3 c. packed fresh basil leaves  
1/4 c. packed Italian flat-leaf parsley  
6 large garlic cloves, chopped  
1/2 c. pine nuts

1 to 1 1/2 c. extra virgin olive oil  
1 c. freshly grated Parmesan or Romano cheese  
Ground black pepper to taste

Place basil and parsley in food processor and pulse to chop. Add garlic, nuts, and olive oil. Process until well blended and smooth. Add grated cheese and pepper. Pulse until well combined.

Serve over pasta, add to scrambled eggs, or use as a sandwich spread. (You can substitute walnuts for the pine nuts, and you can add fresh spinach with the basil and parsley too!)

Renee (Schindler) Nygaard '97



## Nana's Marinara Sauce

2 Tbsp. EV olive oil	Basil to taste
2 small cans tomato paste	Parsley to taste
5 cloves garlic, minced	Small pinch ground cloves
1 medium onion chopped	Small pinch ground cinnamon
1 large can tomato puree	1/4 tsp. baking soda
1 1/2 cans water	1 Tbsp. sugar (or more)
Salt and pepper	1/2 c. dry red wine
Oregano to taste (~ 2 tsp.)	1 green pepper cut in 1/2
1/2 c. Romano cheese	

In small skillet, sauté garlic and onion in olive oil for 2-3 minutes (if making meatballs, you can sauté in drippings from the frying pan). Add tomato paste and simmer.

In large pot, put all rest of ingredients and heat on medium. Once hot, add tomato paste mixture and cook on low heat for an hour. Add meatballs and cook for 1-2 hours more.

Renee (Schindler) Nygaard '97

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## Easy Spaghetti Sauce

*Dedicated to Sara Hugley '11*

1 Tbsp. olive oil	¼ tsp. garlic powder
2 cans (15 oz.) Hunts tomato sauce	1 tsp. dried minced onion
3 Tbsp. brown sugar	1 package of spaghetti
¼ tsp. dried oregano	

Directions: Whisk oil and tomato sauce together in a saucepan or skillet. Blend in spices, onion and sugar. Heat over medium heat for 5 minutes, reduce heat and simmer 5 additional minutes. Cook spaghetti according to pkg. directions and serve sauce over hot pasta.

Roxanne Hugley

## Goulash

*Dedicated to Stephanie Ruzicka '11*

1 lb lean ground beef  
1/2 tsp. garlic  
1 tsp. parsley  
2 Tbsp. onion  
seasonings to taste

3 c. whole wheat macaroni  
1 large can (12 oz.) tomato sauce  
2 c. tomato juice  
3 c. mozzarella cheese

Boil macaroni and drain. Separately brown ground beef and onion on stove top. Drain any grease and add spices. Add tomato sauce and juice. Stir in cooked noodles. Top with mozzarella cheese. Cover and cook on medium/low heat on stove top approximately 20-30 minutes.

Chris Ruzicka

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## Pesto

3 c. fresh basil leaves  
2 large cloves fresh garlic  
1/2 c. nuts (pine nuts or any kind  
you have on hand)  
3/4 c. chopped fresh parsley

3/4 c. fresh-grated parmesan cheese  
1/2 c. oil (olive is good, but any will  
do)  
1/4 c. melted butter (you can also  
just use oil, using 3/4 c. altogether)

Cook one pound of spaghetti or whatever pasta you would like. While it is boiling, put the pesto ingredients into a blender. Work into a paste, doing part of the ingredients at a time. Drain the pasta, add a bit of olive oil, and then toss the pesto with the pasta until it is well-mixed. It is ready to eat. (This is especially delicious in the summertime when you can get really fresh basil. It makes a satisfying meal. It is truly a "green" meal as you will see when you eat it.)

Jan Webber

## **Broccoli and Rigatoni “brocs and rigs”**

*Dedicated to Nick DeLucia '11*

2 heads of broccoli

1/2 c. olive oil

4 cloves garlic, minced finely

1 T red pepper flakes (or to taste)

Parmesan cheese, grated

Black pepper

1 lb. rigatoni

Chop broccoli florets into bite-size pieces. Peel and slice part of the broccoli stem, if desired.

Bring a large pot of salted water to a boil. Add rigatoni. When water returns to a boil, add broccoli and cook pasta and broccoli according to directions on box.

Five minutes before broccoli and pasta are done, combine olive oil, red pepper flakes, and garlic in a small sauce pan. Bring to a simmer over low heat. Do not let garlic brown. When the garlic begins to sizzle, remove pan from the heat.

Drain broccoli and pasta in a colander over the sink. Return broccoli and pasta to the large pot. Pour warmed oil mixture over pasta and stir well to coat.

Serve on warmed plates. Pass parmesan cheese and freshly ground black pepper.

**Leslie DeLucia**

## Turkey Stroganoff

2 c. chopped frozen broccoli	3 Tbsp. flour
1 c. no-fat sour cream	1/4 tsp. salt
1 Tbsp. margarine	1 1/2 c. chicken broth
1/2 c. sliced mushrooms	1/4 tsp. pepper
1/4 c. chopped onion	2 c. cooked turkey
1/2 tsp. rosemary	2 c. hot cooked noodles

Cook broccoli, drain and set aside. Melt margarine in a non-stick pan. Add onion; cook until tender. Add flour and blend well. Whisk in broth; cook at medium heat until thickened and bubbly, stirring occasionally. Add remaining ingredients except noodles. Cook until heated through. Serve over noodles.

Gretta (Goldsworthy) Irwin '88

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## Turkey Tetrazzini

2 Tbsp. cornstarch	4 oz. spaghetti, cooked & drained
2 Tbsp. dry white wine	1/2 tsp. garlic powder
1 1/2 c. skim milk	2 c. cooked turkey, cubed
4 oz. sliced mushrooms, drained	1/8 tsp. pepper
3/4 c. turkey or chicken broth	Non-stick cooking spray
1 Tbsp. chopped pimiento, drained	1/4 c. grated Parmesan cheese
1/2 tsp. salt	2 Tbsp. sliced almonds

In 3-quart saucepan, over medium heat, combine cornstarch, milk, broth, salt, garlic powder and pepper. Bring mixture to boil, stirring constantly. Remove from heat and stir in cheese, wine, mushrooms, pimiento, spaghetti and turkey. Spray coat 9-inch square baking dish. Spoon turkey mixture into dish and top with almonds. Bake in 375° oven 25 minutes or until mixture bubbles and top is browned.

Gretta (Goldsworthy) Irwin '88

## Turkey Lasagna

1 pound ground turkey sausage	1/4 c. plus 2 Tbsp. grated parmesan cheese
2 jars (25.5 oz.) light vegetable spaghetti sauce	Vegetable cooking spray
2 c. no-fat cottage cheese	16 uncooked lasagna noodles
2 c. grated low-fat mozzarella cheese	

In large non-stick skillet, over medium-high heat, crumble sausage and sauté 9 minutes or until no longer pink. Drain under hot water. Return sausage to skillet and stir in sauce.

In medium bowl combine cottage cheese, mozzarella and 1/4 c. parmesan cheese.

In 13 x 9 x 2" baking pan sprayed with vegetable cooking spray, spread 1 1/2 c. meat sauce into bottom of pan. Place uncooked noodles over sauce, breaking to fit if necessary. Spread 1/2 of cheese mixture over noodles. Layer with 1/2 of remaining sauce, noodles and remaining cheese. Top with remaining sauce, covering all noodles. Sprinkle Parmesan cheese over top. Cover pan tightly with aluminum foil. Bake at 350° for 1 hour or until noodles are tender. Let stand 10-15 minutes before cutting.

Gretta (Goldsworthy) Irwin '88



## Three Cheese Manicotti

10 uncooked manicotti shells	1 tsp. dried oregano
1 (15 oz.) container ricotta cheese	1/2 tsp. onion powder
2-1/2 c. shredded mozzarella cheese	1/2 tsp. garlic powder
1/2 c. grated Parmesan cheese	1/2 tsp. seasoned salt
1 egg, beaten	1 (26 oz.) jar spaghetti sauce
1 tsp. dried basil	

Cook manicotti according to package directions. Meanwhile, in a bowl, combine the ricotta cheese, 1 1/2 c. mozzarella cheese, Parmesan cheese, eggs and seasonings. Spread 1 c. spaghetti sauce in an ungreased 13 x 9 x 2" baking dish. Stuff manicotti shells with cheese mixture; arrange over sauce. Top with remaining sauce. Cover and bake at 375° for 35-40 minutes. Uncover; sprinkle with remaining mozzarella cheese. Bake 10 minutes longer or until cheese is melted and manicotti is heated through.

Brenda Strong '82

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## Cavatelli

1 box of medium shell noodles	2-2 c. shredded mozzarella cheese
1 roll of turkey sausage	1-8oz. pizza sauce
½ lb hamburger	1-15 oz. pizza sauce
Dash of crushed red pepper flakes	

Fix noodles according to package. Meanwhile, brown meat. Drain off fat. Mix pizza sauce into browned meat. Add dash of red pepper flakes. After pasta is drained, add to meat mixture. Pour half into a pan, cover with cheese. Pour in rest of mixture and cover with cheese. Bake at 350° for 15 minutes covered, uncover and bake five more minutes.

Nicole Russell Reichert '98



## Three Cheese Chicken Penne Pasta Bake

*Dedicated to Stephanie Ruzicka '11*

1½ c. multigrain penne pasta,  
uncooked  
1 pkg. (9 oz.) fresh spinach leaves  
1 lb. boneless skinless chicken  
breasts, cut into bite-size pieces  
1 tsp. dried basil leaves

1 jar spaghetti sauce  
1 can diced tomatoes, drained  
2 oz. Neufchatel cheese (can  
substitute cream cheese)  
1 c. mozzarella cheese (divided)  
2 Tbsp. parmesan cheese

Heat oven to 375°. Cook pasta, adding spinach to boiling water for the last one minute. Cook and stir chicken and basil in large nonstick skillet on medium-high heat 3 min. Add spaghetti sauce and tomatoes; bring to boil. Simmer 3 min or until chicken is done. Stir in Neufchatel cheese. Drain pasta mixture; return to pan. Stir in chicken mixture and ½ c. mozzarella. Spoon into 2-quart baking dish. Bake 20 minutes. Sprinkle with remaining cheeses. Bake final 3 minutes. Calories: 460 per serving.

Chris Ruzicka

# *Mexican Dinners*

## Shrimp Enchilada Bake

1 pound peeled cooked shrimp, tails removed, diced	12 corn tortillas
1 c. frozen corn, thawed	1 15-oz. can nonfat refried beans
2 4-oz. cans chopped green chilies, (not drained)	1 c. reduced-fat shredded cheese, (Mexican-style cheese blend, monterey jack or cheddar)
2 c. canned green enchilada sauce, or green salsa, divided	1/2 c. chopped fresh cilantro
	1 lime, cut into wedges

Preheat oven to 425°.

Coat a 9-by-13-inch glass baking dish with cooking spray.

Combine shrimp, corn, chilies and 1/2 c. enchilada sauce (or salsa) in a microwave-safe medium bowl. Cover and microwave on High until heated through, about 2 1/2 minutes.

Spread 1/4 c. enchilada sauce (or salsa) in the prepared baking dish. Top with a layer of 6 overlapping tortillas. Spread refried beans evenly over the tortillas. Top the beans with the shrimp mixture, followed by the remaining 6 tortillas. Pour the remaining sauce (or salsa) over the tortillas.

Cover with foil.

Bake the casserole until it begins to bubble on the sides, about 20 minutes.

Remove the foil; sprinkle cheese on top. Continue baking until heated through and the cheese is melted, about 5 minutes more.

Top with cilantro and serve with lime wedges

For best results pat dry the shrimp before dicing

**Brent Lund '10**

## Taco Pasta Toss

1 lb. penne pasta	2 Tbsp. chili powder
1 T olive oil	1 1/2 Tbsp. ground cumin
1 lb. ground beef	1 Tbsp. ground coriander (optional)
1 onion, chopped	Salt and pepper
1 jalapeno pepper, halved, seeded and thinly sliced crosswise (optional)	1/4 c tomato paste
4 cloves garlic, finely chopped	1 1/2 c chicken or beef stock
	Your favorite taco toppings!

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente (about 10 minutes). Drain and return to the pot.

While the pasta is cooking, in a large skillet, cook the beef until browned. Add the onion, jalapeno, garlic, chili powder, cumin and coriander; season with salt and pepper to taste. Cook until the onion is softened, about 6-7 minutes. Stir in the tomato paste for 1 minute then stir in the stock.

Add the sauce to the pasta and toss. Place lid over pan for a few minutes to give the pasta time to soak up the sauce. Divide pasta onto plates and top with your favorite taco toppings.

Christa (Comfort) Marchant '99

## Reduced-Calorie Turkey Enchiladas

- |  |                             |
|--|-----------------------------|
| 1/2 pint plain non-fat yogurt                                    | 12 flour tortillas          |
| 3 c. cooked turkey, diced  | Reduced-calorie mayonnaise  |
| 1 package ranch salad dressing<br>(prepare according to package) | 1 jar (8 oz.) picante sauce |
| 4 oz. reduced-calorie<br>Shredded cheddar cheese                 |                             |

In medium bowl, combine yogurt and 1/2 of prepared dressing. Add turkey and 1/2 of cheese. Spoon heaping 1/4 c. of mixture onto tortillas. Roll and place seam-side down into 9x13x2-inch pan. Pour remaining dressing over rolled tortillas and sprinkle with remaining cheese. Top with sauce. Bake at 375°. 25 to 28 minutes or until bubbly. Serve with shredded lettuce and diced tomato on the side.

Gretta (Goldsworthy) Irwin '88

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## Tex-Mex Pizza

- |                                       |  |
|---------------------------------------|--|
| 1 can (16 oz.) fat-free refried beans | 2 c. shredded iceberg lettuce                  |
| 1 c. grated Monterey Jack cheese      | 1 package taco seasoning                       |
| 3/4 c. salsa, divided                 | 1 c. cubed tomatoes                            |
| 1 (12-inch diameter) pizza shell      | 3/4 c. water                                   |
| 1 Tbsp. chopped jalapeno peppers      | 1 can (2 oz.) chopped black olives,<br>drained |
| 1 c. cooked turkey, shredded          |  |

In medium bowl, combine refried beans and 1/4 c. salsa. Place pizza shell on baking pan. Spread bean mixture over shell. Simmer turkey in a skillet or in the microwave with taco seasoning and water. Spread over refried beans. Top with grated cheese and jalapeno peppers. Bake at 450° for 5 to 10 minutes or until cheese is melted. To serve top with lettuce, tomatoes and olives.

Gretta (Goldsworthy) Irwin '88

## Turkey Taquitos

2 lbs cooked turkey meat  
1/2 c. salsa  
2 cloves garlic, minced  
2 tsp. ground cumin  
Red pepper sauce to taste  
Salt and pepper to taste

1 c. shredded cheddar cheese  
10 tortilla shells  
Oil for frying (optional)  
Cooking spray (optional)  
Sour cream (optional)  
Salsa (optional)

Shred turkey meat with two forks until finely shredded.

In a medium sized bowl, mix shredded turkey with salsa, garlic, cumin, red pepper sauce, salt, pepper and cheese.

Roll about 2.5 oz. (1/3 C.) of the taquito mixture in a flour tortilla.

For a crispy tortilla shell, place taquitos seam side down on a baking sheet.

Spray the top of the tortillas with cooking spray. Bake in a hot oven

425 - 450 degrees for 8 to 10 minutes. Or deep fat fry in them in

oil 5-7 minutes. For a soft tortilla shell, place the taquitos seam side down in a casserole dish. Cover dish with foil and bake in a 350° oven for 25 to 30 minutes.

Optional - serve with sour cream and salsa.

\* Leftover cooked turkey works great in this recipe. If you do not need 10 taquitos at one time, freeze the remaining taquito meat for up to 3 months.

Gretta (Goldsworthy) Irwin '88



## Southwestern Turkey Salad

8 oz. rotini or wagon wheel pasta, cooked	4 green onions, thinly sliced
2 c. cooked cubed turkey	1 tsp. cilantro leaves
1 can (4 oz.) sliced black olives, drained	3 Tbsp. light olive oil
2 oz. Pepper Jack cheese, cut into ¼ inch cubes	2 Tbsp. white wine vinegar
2 c. seeded and chopped tomatoes, divided	1 tsp. minced garlic
	1/2 tsp. each cumin and chili powder

Combine pasta, turkey, olives, cheese, one c. tomatoes, & green onion. In blender or food processor, combine cilantro, remaining tomatoes, oil, vinegar, garlic, cumin and chili powder. Process until smooth. Toss together dressing and salad mixture. Refrigerate until serving.

Gretta (Goldsworthy) Irwin '88

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## Southwest Tuna Noodle Bake

1 pkg. (16oz.) egg noodles	1 can (10 3/4oz.) condensed cream of mushroom soup, undiluted
2 1/2 c. milk	1 c. (4oz.) shredded cheddar cheese
2 cans (6oz. each) light water packed tuna, drained	1 can (4oz.) chopped green chilies
1 can (10 3/4oz.) condensed cream of chicken soup, undiluted	2 c. crushed tortilla chips

Cook noodles according to pkg. directions. Meanwhile, in a large bowl, combine the milk, tuna, soups, cheese and chilies. Drain noodles; gently stir into tuna mixture.

Transfer to an ungreased 9 x 13" baking dish. Sprinkle with tortilla chips. Bake, uncovered, at 350° for 30-35 minutes. or until bubbly.

Angela (Veenstra) Vander Velden '97

## Tomatillo Salsa

*Dedicated to Zach Elsbecker '11*

5 or 6 tomatillos	onion powder
1 - 2 jalapeños	garlic powder
1 Lg. can of whole or diced tomatoes, or dice fresh	salt

Remove husk from tomatillos and rinse. Line a broiler pan with tin foil. Place tomatillos & jalapeños on foil and roast under broiler until brown, turning to roast evenly, and watching so as not to burn.

Remove and let cool. When cooled, put tomatillos & tomatoes in a blender to chop. Chop to desired consistency. Add the jalapeño to adjust your desired heat. I start with 1 and add as needed. Add onion powder, garlic powder, and salt to taste. Can add other spices to your liking, I sometimes add cilantro too.

Linda Elsbecker

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## Turkey Chimichangas

1/2 pound ground turkey	3 Tbsp. scallions, thinly sliced
8 oz. salsa	1/2 c. reduced fat shredded cheese
4 1/2 oz. canned green chili peppers	4 large burrito size wheat flour tortillas
1 tsp. chili powder	

Preheat oven to 350°. Coat skillet with cooking spray. Cook turkey. Add salsa, chili peppers, chili powder and scallions. Stir in cheese.

Meanwhile, wrap tortillas in foil; warm in oven for 10 minutes. Assemble chimichangas; fold in sides and roll up. Place chimichangas in a baking dish. Bake uncovered until tortillas are crisp and brown, about 20 minutes.

Justin '02 and Amanda (Hansen) Fletcher '00

## **Ranchero Beans**

*Dedicated to Keith Rush '13*

5 c. water	Sprinkle of cayenne pepper
1 onion, peeled and quartered	1/2 tsp. ground ginger
2 cloves garlic, peeled	1/2 tsp. salt
2 carrots, peeled and cut into chunks	1 tsp. honey
2 c. dry pinto beans, sorted and washed	1 c. salsa or mild taco sauce

In blender place 1 c. of the water, onion, garlic, and carrot. Pulse until vegetables are finely chopped. Place chopped vegetables, the remaining 4 c. of water, beans, cayenne and ginger in a 5 to 6-quart pan. Cover and cook 8 hours or overnight in a 200 degree oven. Add salt, honey, and salsa. Return to oven, for at least 1 hour and up to 4 hours. To cook in a slow cooker, cook on high for 8 hours. Add seasoning and cook on low about 8 hours or as desired.

### **Mexican Beef and Beans**

Prepare Ranchero beans as directed. Add ½ to 1 pound extra-lean ground beef, fried, and well-drained, and 1-1 ¼ oz. package of taco seasoning mix plus water as directed. Simmer 15 to 20 minutes.

### **Refried Beans**

Prepare Ranchero beans as directed. Mash and use them for bean dip, burritos, etc. Add chili powder if desired.

### **Chili Beans**

Prepare Ranchero beans as directed. Add 1 -1 ½ oz. pkg. chili seasoning mix, 1-6 oz. can tomatoes, and ½ pound extra-lean ground beef, fried and well-drained. Mix and simmer 20 to 30 minutes.

### **Sheri Rush**

## Easy Taco Chicken Meat

1 package frozen boneless, skinless chicken breasts

2 c. salsa

Put in crock pot. Set on low all day or overnight. Shred chicken with 2 forks. Will keep in fridge all week for tacos, omelets, sandwiches, etc.

Mary (Piper) Poulter '80

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## Slow Cooker Chicken Fajitas

1 whole chicken

2 cans rotel tomatoes and green  
chilies

1 green pepper diced

1/2 onion chopped

1 packet chicken taco seasoning

In slow cooker: Place whole chicken with 1 c. water. Cook on low for 8 hours. When done remove meat from bone and shred.

In large skillet add pepper and onion. Stir in rotel. Add chicken and combine well. Add seasoning and warm through. Place mixture in tortillas with toppings of choice.

Dawn (Bennett) Van Haaften '88

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## Easy Chicken Tortilla Soup

1 whole chicken cooked and shredded (for ease use rotisserie chicken from deli)

1 jar PACE picante sauce (medium)

1 box Swanson chicken broth

1 16 oz. block pepper jack cheese  
cubed

Place all ingredients in stock pot over medium heat and stir until warmed through and cheese is melted (about 15 minutes).

Dawn (Bennett) Van Haaften '88

## Southwest Chicken Wraps

*Dedicated to Ashley Tapper '11*

3 c. cooked chicken, chopped  
8 oz. picante sauce  
1 1/2 tsp. chili powder  
1/4 tsp. garlic powder  
1 c. shredded cheddar  
cheese, divided  
1 can black beans, drained  
(14.5 oz. can)

8 flour tortillas  
1 medium tomato  
1 c. shredded lettuce  
2 Tbsp. chopped green onion  
1/2 c. guacamole (optional)  
1/2 c. fat free sour cream  
1 tsp. chopped fresh cilantro

Combine chicken, picante sauce, chili powder and garlic powder in large skillet and mix well. Cook over medium heat until heated through, about 3 minutes. Remove from heat.

Add 3/4 c. cheddar cheese and beans to chicken mixture and mix well.

Wrap flour tortillas in a kitchen towel. Microwave on high for 1 minute.

Spoon equal portions of the chicken mixture into each warm tortilla.

Chop the tomato. Top chicken mixture with remaining cheddar cheese, lettuce, tomato, green onions, guacamole, sour cream, and cilantro. Roll to enclose filling. Serve immediately.

For a meatless meal, try substituting refried beans for the chicken.

**Cindy Tapper**

*Fish  
Dinners*



## **Roasted Cod with Peppers and Potatoes**

*Dedicated to Jessica (DeBruin) Winegar '06*

1 lb small red potatoes, quartered	1 tsp. salt divided
1 Yellow bell pepper seeded, cut into 1 inch wide strips	1/2 tsp. lemon pepper, divided
1 Red bell pepper seeded, cut into 1 inch wide strips	1 3/4 lbs center-cut cod fillets, skin on, cut into 4 pieces (6-7 oz. each)
4 Garlic cloves, chopped	3 Sprigs fresh rosemary
4 Tbsp. olive oil, divided	Lemon wedges

Adjust an oven rack to lower third of oven. Heat to 450°.

Arrange potatoes, bell peppers and garlic on a jelly-roll pan. Toss with 2 Tbsp. oil, ¼ tsp. salt, and ¼ tsp. lemon pepper. Roast until potatoes are fork-tender and bell peppers are golden, about 15-20 minutes.

Meanwhile, rinse cod fillets and pat dry with paper towels. Sprinkle remaining ¾ tsp. salt and ¼ tsp. lemon pepper on both sides of fillet.

Heat remaining 1 Tbsp. of oil in large oven-proof, non-stick skillet over medium-high heat. Add cod, skin side down, and cook until skin is crisp and golden brown, 2-3 minutes.

Arrange rosemary on top of fish. Transfer skillet to oven and roast 3 minutes. Turn fish; roast 3 minutes more until fish is opaque and cooked through.

**Scott '79 and Deb (Schneider) DeBruin '84**

## Jambalaya

1 lb. medium uncooked shrimp	2 c. water
1 c. rice, uncooked	3/4 c. celery, chopped
1 lb. Italian sausage, sliced	4 bay leaves
1 can diced tomatoes	Cayenne pepper to taste
3/4 c. green pepper, chopped	1/4 tsp. dried thyme
2 cloves garlic, chopped	Salt to taste
2 c. onion, chopped small	Pinch saffron

Sauté all items in the first column of ingredients EXCEPT the shrimp in 3 Tbsp. olive oil.

Add all items in second column when sausage is browned. Bring to a boil and reduce to simmer.

Once rice is done (about 20 minutes), add shrimp. When shrimp is opaque add 1/4 c. chopped fresh parsley and garnish with chopped green onions.

Renee (Schindler) Nygaard '97

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## Seasoned Salmon

*Dedicated to Sara Hugley '11*

- 2 salmon fillets, skin removed
- 1 to 2 tsp. lemon seasoning (without salt) (Mrs. Dash)
- 2 tsp. olive oil

Sprinkle lemon pepper seasoning on both sides of salmon, pressing in lightly. In a small frying pan, heat olive oil until almost hot. Put fish in pan. Cook on medium-high heat about 4 minutes per side. Fish should be browned on the outside and moist inside.

Roxanne Hugley

## **Pasta Puttanesca**

1 can tuna, drained	1/2 tsp. dried red pepper flakes
2 garlic cloves, crushed	1 28 oz. can diced tomatoes
juice from 1/2 a lemon	1/4 c. red table wine
1 lb penne pasta	1/4 c. parsley, chopped
2 tsp. olive oil	Shredded Romano or parmesan cheese
1/3 c. sundried tomatoes, chopped	
1 Tbsp. capers	
1/2 c. pitted kalamata olives, chopped	

Mix tuna with lemon and garlic. Set aside to marinate for 15 minutes. Cook pasta in salted water. Drain and reserve ½ c. of pasta water. While pasta is cooking, heat olive oil in medium saucepan. Add sundried tomatoes, capers, olives and red pepper and fry for 2-3 minutes. Add tomatoes, wine and tuna. Bring to a boil and cook for 5 minutes. Remove from heat and stir in parsley and reserved pasta water. Pour sauce over pasta and garnish with cheese.

Renee (Schindler) Nygaard '97

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## **Pan-Seared Tuna**

*Dedicated to Sara Hugley '11*

4 – 1 inch tuna steaks  
2 Tbsp. olive oil  
Sea salt and coarse pepper to taste

Rub tuna steaks with olive oil. Salt and pepper steaks (or season with your favorite seasoning). Spray skillet with non-stick spray. Pan sear 4 minutes on the first side and 3 minutes on the other side. Should be pinkish in the center.

Roxanne Hugley

## Deviled Crab

1 lb crab meat (about 4 cans), well drained	2 Tbsp. extra virgin olive oil
4 green peppers, finely chopped	1 tsp. hot pepper
2 med onions, finely diced	5 eggs well beaten
1 small can tomato paste	4 c. fine bread crumb

After chopping, wrap green peppers and onion in paper towels to absorb extra moisture. In large skillet sauté peppers and onion in olive oil over medium heat. After 5 minutes add tomato paste and simmer until well mixed. Add crab and hot pepper and simmer on low for 15 minutes. Let mixture cool.

Form oblong patties about 2" long. Put bread crumbs in rimmed baking sheet. In 9 x 13" pan put beaten eggs. Roll patties first in bread crumbs, then beaten eggs. Roll again in bread crumbs, egg, and bread crumbs. If like thicker coating can do egg and bread crumb again.

Deep fry crab cakes in Crisco or vegetable oil until golden brown, turning as they brown. Drain on paper towels.

Renee (Schindler) Nygaard '97

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## Tesca's Tilapia

*Dedicated to Sara Hugley '11*

4 four-oz. frozen tilapia fillets	1/4 tsp. Italian seasoning
1/4 tsp. garlic powder	Salt substitute
1/4 tsp. onion powder	

Arrange fish in a square baking dish coated with olive oil spray. Sprinkle fish with seasonings. Bake at 450° for 15 minutes or until fish flakes easily when tested with a fork.

Roxanne Hugley

## **Crispy Tilapia**

*Dedicated to Beth (Norman) Sletta '86*

2 Tbsp. sliced almonds

1/4 c. bread crumbs

1/4 c. cornmeal

2 egg whites

1 Tbsp. whole grain mustard

3 or 4 pieces of tilapia

Put almonds in food processor and grind. Add the bread crumbs and cornmeal and blend. Put this mixture in a shallow dish.

Whisk the egg whites and mustard together and put in another shallow dish. Dip each piece of tilapia in the egg white mixture, and then in the almond/bread crumb mix. Place fish on parchment paper on a baking sheet. Bake until golden brown, about 8-10 minutes at 475°.

Jo (Vandelaar) Norman '52

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## **Grilled Salmon with Rosemary**

*Dedicated to Denise Barnard '02*

1 lb. salmon

2 tsp. extra virgin olive oil

2 tsp. lemon juice

1/4 tsp. salt

Pinch black pepper

2 cloves garlic

1 tsp. dried rosemary

Prepare salmon and combine remaining ingredients in bowl and brush on fish.

Grill over med-hot coals until fish flakes easily (4-6 minutes per 1/2 inch of thickness).

Place the fish with skin side down first and then when you turn it the skin will peel off quickly.

Mary Barnard



## **Parmesan-Encrusted Tilapia with Lemony Green Beans**

### **For the Tilapia**

Skinless tilapia fillets (1 lb. total)	¼ C. parmesan cheese
Freshly ground pepper - to taste	2 tsp. olive oil
1 Tbsp. dried basil	

### **For the Green Beans**

1/2 lb. green beans, ends trimmed	Freshly ground pepper - to taste
1/4 c. fresh lemon juice	1 Tbsp. olive oil
2 tsp. freshly grated lemon zest	

Preheat the broiler. Cut the tilapia fillets lengthwise into two pieces, and then pat dry with a paper towel and season to taste with pepper. In a small bowl, combine basil and Parmesan cheese; set aside. In a large saucepan, bring water for beans to a boil.

Heat olive oil in a 12-inch heavy ovenproof skillet over moderately high heat until hot but not smoking. Sauté the fish for 3 minutes or until brown. Flip the fillets over and remove the skillet from heat. Dust the tilapia with the cheese mixture. Place the skillet under the broiler to finish cooking the fish and slightly brown the cheese, about 3 to 4 minutes.

As the fish cooks, add beans to boiling water. Lower heat and cook for 5 minutes or until bright green (beans should still be crisp). Drain beans and run under cold water. Shake off excess water and set aside.

Mix lemon juice, lemon zest, pepper, and olive oil in a medium bowl. Add green beans and toss to coat; warm for 30 seconds in the microwave. Divide fish fillets and green beans on two plates and serve.

**Stephanie Hillman '07**



## Grilled Salmon & Summer Salad

For the Salad:

1 Tbsp. minced shallots  
2 tsp. Sherry vinegar  
1/2 tsp. dijon mustard  
1/2 tsp. salt  
1/4 tsp. freshly ground  
black pepper

2 Tbsp. extra-virgin olive oil  
2 ears sweet corn, husked  
1/2 c. quartered cherry tomatoes  
1/4 c. finely chopped fresh basil

For the Salmon:

4 salmon fillets (with skin), 6-8 oz.  
Salt to taste

Ground pepper - to taste  
Extra-virgin olive oil

To make the salad: In a medium bowl, whisk together the shallots, vinegar, mustard, salt and pepper. Slowly whisk in the olive oil to make smooth vinaigrette. Place the corn in a large pot of boiling salted water. Turn off the heat, cover, and allow cooking until barely tender, 4-5 minutes.

Remove corn from the water. When cooled, cut kernels off the cobs and add to the vinaigrette along with the tomatoes and basil. Stir and set aside.

To make the salmon: Season flesh side with salt and pepper to taste.

Generously brush or spray with olive oil. Grill, flesh side down, over direct medium heat until you can lift the fillets with tongs without them sticking to the grate, 7-8 minutes. Turn skin side down, and finish cooking for 2-3 minutes. Take off grill and place fillets on serving plates. Spoon salad over the fillets and serve immediately.

Stephanie Hillman '07

## Salmon For Two

3/4 lb salmon fillet

3-4 oz. Italian dressing

1-3 oz. Lemon juice

Rinse with cold water then (lightly quick rinse with lemon juice 1.5 oz. on both sides) lay on counter & slice the meat only, into 1 inch squares (leaving attached to skin)

Create a small pan out of aluminum foil, lay it on a "grate" or a "rack" so you can carry it to the BBQ

Put about 3 to 4 oz. of Italian salad dressing in the alum pan. Pour 1-3 oz. of lemon juice in the pan (orange juice works also) Place the fish in the pan, shrink the pan so the fish has only about 1 inch on all sides.

Sprinkle your favorite seasoning on the fish (a pre mixed variety of seasonings is good)

Put in the covered BBQ 10-25 minutes at 300-400°. Check when "done" by poking a fork into it.

Firm & flakey is well done.

Dennis Ashby '71



# *Desserts*

## **Almond Bars**

2 sticks blue bonnet margarine	1/2 tsp. baking soda
-warmed up but not melted	2 eggs
2 c. sugar	1 can 12 1/2 oz. almond pastry paste
2 1/3 c. flour	1 tsp. almond flavor

Cream the margarine, almond flavor and almond pastry paste together. Add sugar and eggs, and then the flour and baking soda. Spread into a 9 x 13" baking pan (spray pan with non stick baking spray). Bake at 325° for 45 minutes or a bit longer if center is not set. Check with toothpick.

Marcia (Laman) DeKock '77

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## **7 Bedford Place's Best Chocolate Chip Date Cake**

1 c. chopped dates  
1 1/2 c. boiling water  
1 tsp. soda  
Combine until boiling and let cool.

3/4 tsp. soda	6 oz. chocolate chips
1/2 c shortening	2 eggs
1tsp. vanilla	1/2 tsp. salt
1 c sugar	1 1/2 c flour

Combine all dry cake ingredients and then add warm date mix. Combine until smooth and then pour into a greased and floured 9 x 13" cake pan. Bake at 350° for 30 minutes.  
Top with extra chocolate chips while warm.  
Serve with vanilla ice cream or whipped cream.

Karen L. Regal-Johnson '86

## Lemon-Rosemary Butter Cookies

Serves: About 40 small cookies

1 stick unsalted butter, softened	1 tsp. vanilla extract
1/4 c. sugar	1/3 c. corn flour
1 tsp. finely chopped rosemary (right out of the garden is best)	1 1/2 tsp. baking powder
1/2 tsp. finely grated lemon zest	1/4 tsp. salt
2 egg yolks	1/2 c. turbiando or sanding sugar for decorating

Beat butter, sugar, rosemary, and lemon zest with electric mixer for 3 minutes or until creamy. Beat in egg yolks and vanilla. Whisk together flours, baking powder and salt in a separate bowl. Add to butter mixture and beat until just combined.

Shape into 2 one inch wide logs. Wrap in wax paper and chill for two hours.

Preheat oven to 325°. Spray two baking sheets with cooking spray (parchment paper works and no spray). Slice cookies into 1/3 inch thick rounds. Place turbiando sugar in a bowl and press one cut side of cookies into sugar. Place sugar side UP on baking sheets.

Bake for 15 minutes or until bottoms are light golden brown. Transfer to wire track to cool.

Eve (Benson) Vanden Broek '88



## **Dutch Almond Bars**

1 c. canned almond paste (not almond pie filling)	2 beaten eggs
1 c. melted butter	2 c. sugar
	2 c. flour

Cut almond paste with mixer. Drizzle in melted butter until smooth. Alternately beat in eggs, sugar and flour to almond/butter mixture. Mixture will be thick. Spread in greased 9 x 13" glass pan. Bake at 300° for 30 minutes or until lightly browned.

Originally from Charlotte De Wild  
Diane (Van Weelden) Schuring '72

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## **Easy Nana Chocolate Cake**

2 squares unsweetened chocolate  
1 c. water  
1/2 c. butter

Heat above together in small saucepan until chocolate is melted. Remove from heat and place mixture in mixing bowl.  
Add the following ingredients:

2 c. sugar	1 1/2 tsp. baking soda
1/2 tsp. salt	1/2 c. sour milk or sour cream
2 c. sifted flour	2 eggs

Beat well for 2 minutes until batter is very thin. Pour into lightly greased 8 x 13" pan and bake in 350° oven for 30-35 minutes.

Renee (Schindler) Nygaard '97

## Chocolate Marshmallow Pillows

1 pouch (1 lb. 5 oz.) Betty Crocker	2 Tbsp. water
Chocolate Chunk Cookie Mix	1 egg
1/4 c. vegetable oil	12 large marshmallows cut in half

Preheat oven to 350°. Stir together cookie mix, oil, water & egg until well blended. Drop by rounded Tbsp. on ungreased cookie sheets 2 inches apart. Bake 8 minutes. Place one piece of marshmallow on top of each hot cookie and return to the oven 1-2 minutes until the marshmallows begin to melt. Cool the cookies and then frost with the following frosting recipe

Frosting:

1 c. 60% cacao bittersweet chocolate	1 Tbsp. butter
chips	1 tsp. vanilla
1/3 c. milk	1/2 c. powdered sugar

Melt chips and butter in the microwave on 50% power, add milk and vanilla. Blend well. Stir in powdered sugar. Frost on cooled cookies.

Nancy (Williams) Stover '73

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## Irresistible Pretzel Snack

1 package dry Hidden Valley Ranch	3/4 c. vegetable oil
Dressing Mix (original)	1-2 bags of butter braid
1/2 tsp. garlic powder	pretzels (I use 1 1/2 )
1/2 tsp. dill weed	

Mix ingredients together. Pour over crackers in a container and cover. Stir or shake frequently for about an hour. Do not bake!

Betty (Balder) Bollard '84

## **Dutch Apple Koek (Dutch Apple Cake)**

(From the Dutch Treats cookbook, 1959 ed.)

1/4 c. butter	2 c. sliced apples, finely chopped
1/4 tsp. cinnamon	1 c. flour
1 c. sugar	1/2 c. nuts
1/4 tsp. nutmeg	1 tsp. soda
1 egg	

Cream butter and sugar, add egg and blend. Sift together the dry ingredients and add. Fold in apples and nuts. Bake in 9 x 9" pan at 350° for 30 minutes. Reduce heat to 325° and bake 20 minutes longer. Serve warm or reheat (can easily be made the day ahead). Top with sauce and garnish with whipped cream.

Sauce:

1/2 c. sugar	1/4 tsp. salt
2 T cornstarch	1 c. water, heated to boiling
1/4 c. brown sugar	

Combine ingredients and add boiling water. Cook until thick. Remove from heat and add 2 T butter and 1 tsp. vanilla.

Diane (Van Weelden) Schuring '72

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## **No Bake Peanut Butter Drops**

1 c. sugar  
1 c. white corn syrup  
Bring to boil and add 1 1/2 c. peanut butter and 2 tsp. vanilla. Stir and Mix in 4 c. Special K cereal and drop by tbsp. onto wax paper to cool.

Betty (Balder) Bollard '84

## Blueberry Tart

### Dough:

1 1/2 c. flour

3 Tbsp. sugar

Pinch salt

3/4 c. butter

1 Tbsp. white vinegar

### Filling:

4 c. blueberries

1 c. sugar

2 Tbsp. flour

Pinch cinnamon

Zest from one lemon

Preheat oven to 350°. Butter 9" spring form pan.

In a food processor or mixing bowl, combine the flour, sugar and a pinch of salt. Add the butter and either pulse in the processor or rub into the dry ingredients until the mixture is crumbly. Sprinkle on the vinegar and combine just until the mixture begins to clump together, adding a few drops of water if necessary.

With lightly floured fingertips, press the dough into the bottom of the pan.

Push the dough 1 inch up the sides of the pan, forming a neat edge.

For the filling: Set aside 1 c. of the blueberries. Toss the remaining 3 c. blueberries in a mixing bowl with the sugar, flour, and cinnamon. Pour into the crust. Bake for about 1 hour, until the crust is golden.

Remove from the oven. Scatter the remaining c. of raw blueberries on top.

Cool on a wire rack. Refrigerate the tart for at least 1 hour (it's best to serve it REALLY cold). Carefully run a knife blade around the sides of the pan; unlock and remove the sides. Sprinkle with confectioner's sugar. Serve with whipped cream or vanilla ice cream.

Renee (Schindler) Nygaard '97

## Russian Tea Cakes

1 c. butter, softened	1/4 tsp. salt
2 c. flour	2 tsp. vanilla extract
1/2 c. powdered sugar	1/2 c. fruit preserves

Preheat oven to 325°. In a large bowl cream butter and sugar using an electric mixer. Add in vanilla, scraping down bowl as needed. Blend in flour and salt, mixing till thoroughly combined.

Roll tufts of dough into small balls about 1 inch in diameter. Place dough balls on lightly greased cookie sheets about 1 inch apart. Press down the center of each ball with a spoon, forming a depression.

Fill each with a tsp. of preserves. Bake 15-20 minutes or until golden. Transfer cookies immediately to a cold, flat surface. When cookies are completely cold, dust them lightly with confectioners' sugar.

Renee (Schindler) Nygaard '97

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## Bundt Pan Coffee Cake

1 pkg. yellow cake mix	3/4 c. oil
1 pkg. vanilla instant pudding	1 tsp. vanilla
3/4 c. water	4 eggs

Nut mixture: 1/4 c. crushed pecans, 1/2 c. sugar, and 2 tsp. cinnamon.

Combine water with oil and add to cake mix. Add pudding and vanilla. Beat in eggs one at a time. Grease Bundt pan well!! Sprinkle bottom with 1/4 c. nuts. Pour small amount of batter in pan, then sprinkle nut mixture and alternate with batter until gone. Bake 350° for 45 minutes.

Let stand 6 minutes. Turn out and glaze with: 1 c. powdered sugar, 3 Tbsp. milk, 1/4 tsp. vanilla.

Betty (Balder) Bollard '84



## Reese's Peanut Butter Cream Pie

3/4 c. hot fudge dessert topping, divided	1 1/4 c. cold milk
1 graham cracker pie crust	2 pkg. (4 serving size each) vanilla flavored instant pudding
1 tub (8 oz.) whipped topping, thawed and divided	and pie filling
1/2 c. creamy peanut butter	2 pkg. Reese's Peanut Butter Cups

Spoon 1/2 c. of the fudge topping into bottom of crust. Place in freezer 10 minutes. Whisk peanut butter and milk in a large bowl until well blended. Add pudding mixes. Beat for 2 min. or until smooth. (mixture will be thick.) Stir in 1/2 of the whipped topping. Gently spoon over chocolate layer.

Top with remaining whipped topping. Refrigerate 3 hrs. or until set. Drizzle with remaining 1/4 c. fudge topping and crumble Reese's peanut butter cups on top just before serving.

Betty (Balder) Bollard '84

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## Butterfinger Trifle

1 pkg. instant Vanilla pudding  
1 1/2 c. milk  
1 - 8 oz. cool whip  
Mix pudding and milk, when thick add Cool Whip.  
(I double the filling when I make it.)

4 Butterfingers crushed  
1 Angel food cake, torn into pieces  
Layer 1/2 cake, 1/2 pudding, 1/2 butterfingers, and repeat.

Betty (Balder) Bollard '84



## Cinnamon Roasted Almonds

1 egg white	1/2 c. sugar
1 tsp. vanilla	1/2 tsp. salt
4 c. roasted almonds	1/2 tsp. cinnamon (I used 1 tsp.)
1/2 c. brown sugar	

Preheat oven to 250°. Line 10 x 15" jelly roll pan with aluminum foil.

Lightly beat egg white, add vanilla, and beat until frothy.

Add almonds and stir until well coated.

Mix sugars, salt, and cinnamon. Sprinkle mixture over almonds. Toss to coat and spread evenly on pan.

Bake for 1 hour, stirring occasionally, until golden.

Betty (Balder) Bollard '84

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## Pumpkin Crumb Cake

1 (15 oz.) can of pumpkin	1 tsp. salt
1 (12 oz.) can of evaporated milk	1 pkg. of yellow cake mix (Recommend: Pillsbury Classic Yellow)
1 c. sugar	3/4 c. of butter, melted
3 eggs	1/2 c. of chopped walnuts or pecans
1 tsp. cinnamon	
2 tsp. pumpkin spice	

1. Mix pumpkin, evaporated milk, sugar, eggs, cinnamon, pumpkin spice and salt together. Pour into a lightly greased 9 x 13" pan.

2. Sprinkle yellow cake mix evenly over pumpkin mix. Drizzle with melted butter and top with nuts.

Bake at 350° for 50-60 minutes

Clayton '10 and Taylor (Vander Well) Boeyink '13

## Italian Cheese Cake

1/4 lb. of rice  
1 bottle of milk  
1 lb. of sugar  
9 eggs  
1 1/4 lb. pot cheese

1/4 lb. citron  
lemon, orange, tangerine skins  
2 tsp. B & B  
2 tsp. Crème de Menthe  
2 tsp. Crème de Cocoa

### Pie Crust:

1 lb. flour  
5 eggs (whole)  
1 c. olive oil (Demi Tasse)  
2 Tbsp. sugar

1 Tbsp. vanilla  
1 tsp. baking powder  
pinch of salt

### Directions:

Cook rice slowly with milk. After rice is cooked, add sugar and stir frequently. Separate whites of two eggs. Mix eggs with pot cheese until very smooth, then add rice and other ingredients. Add one tsp. of vanilla and liquors.

For pie crust combine ingredients and knead dough. Chill dough before rolling. Place dough in pan - no top layer.

Gregory Christiano '69

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## Peanut Butter Protein Balls

1 c. Organic Peanut Butter  
1 c. Oatmeal

1/2 c. honey  
1 scoop protein powder (vanilla)

Mix and roll into 1 inch balls and refrigerate.

Jan (Treventhan) Barker '80

## Old Fashioned Egg Cream

1 oz. vanilla syrup

1 oz. Fox's abet chocolate syrup

2 to 3 oz. milk (it must be whole milk).

Cold seltzer from a siphon bottle (if you can obtain one of these type of bottles today, do not use club soda, it has to be seltzer).

First: place the syrups in a glass

Second: Pour the whole milk

Third: add the seltzer. This is where a siphon bottle will do the trick and make the white foam at the top thick and rich because you are pouring the seltzer under pressure.

The amounts are approximate. You can use both mixes of chocolate and vanilla or one or the other. You can experiment.

One thing is important: The foam at the top of the glass (an eight or twelve oz. glass) has to turn out WHITE. If you want that fluffy white foam head, don't pour the chocolate syrup in first, because it fraternizes with the whole milk. You have to add the seltzer first otherwise you get a sticky brown head instead. If it's brown it's okay, but if you want perfection go for the white head instead.

Gregory Christiano '69

## Red Red Salad

1 large package Wild Raspberry  
Jell-O  
2 c. boiling water

1 can cranberry jelly  
1 10 oz. package frozen raspberries  
(Don't defrost)

Dissolve jell-o in boiling water. Add everything else and stir well so jelly dissolves and raspberries separate.

Chill till cold in 9 x 13" pan. Make Jell-O day a head.

Topping: Make day of serving, but give enough time to cool off in the refrigerator.

Mix together:

2 Tbsp. Flour  
1/2 c. sugar

1 beaten egg  
2 Tbsp. melted butter

Add:

1/2 orange juice and 1/2 c. water

Cook over low heat until thick. Stir constantly so it does not burn.

Cool thoroughly in the refrigerator.

Mix in 1 c. cool whip and spread over salad

Lauren K. Hickman '06

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## Berry Banana Smoothie

1 frozen banana (cut up in chunks and frozen ahead of time)

1 c. frozen berries (can be strawberries, raspberries, blueberries, or mixed fruit; buy bags in frozen fruit section)

1 c. orange juice

1 c. plain yogurt

6 packets of Equal or similar sweetener

Mix all in a blender. Makes two large smoothies!

Pat Joachim Kitzman

## **Super Shake**

*Dedicated to Sara Hugley '11*

1 c. skim milk  
1/2 frozen banana

1 tsp. sugar  
1 c. frozen strawberries

Blend above ingredients in blender until smooth. Makes 2-3 servings.

Roxanne Hugley

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## **Chocolate Cupcakes**

1 box chocolate cake mix  
3 Tbsp. cocoa  
3 Tbsp. ground flaxseed  
2 Tbsp. instant coffee granules  
1/2 c. chocolate chips

1 Tbsp. vanilla  
1/3 c. chopped walnuts  
1 can Libby's pumpkin  
1 c. water

Preheat the oven to 350°. Line two 12-cup cupcake pans with 24 cup cake liner papers.

Stirring by hand, combine all ingredients in a large bowl. Using an ice cream scoop with a spring-action handle, fill cupcake papers 3/4 full. Bake 18-20 minutes.

Let the cupcakes cool for 5 minutes in the pans. Then remove cup cakes from pans; let them finish cooling on a wire cooling rack.

These cupcakes are so moist that no frosting is necessary.

Diane Staibus '71

Kathryn Hamilton '71

## Peach Crisp

1 c. oats	1 Tbsp. flour
3 Tbsp. flour	1 tsp. cinnamon
1/2 c. brown sugar, packed	1/2 tsp. nutmeg
1/4 c. butter	1/4 tsp. allspice
1 bag frozen peaches or 5 c. fresh peaches, sliced	

Preheat oven to 375°.

In a medium bowl, combine oats, 3 Tbsp. flour, and sugar. Cut the butter into the dry mixture until it resembles coarse crumbles.

Put peach slices (no need to thaw if frozen) into an 8-inch square baking dish. Sprinkle the peaches with the remaining Tbsp. of flour. Top evenly with the oat mixture. Sprinkle the top with the cinnamon, nutmeg, and allspice.

Bake in the preheated oven for about 30 minutes or until the topping is golden brown, and the fruit is soft.

*Other healthy suggestions:*

- Honey-sweetened granola can be substituted for up to half of the oats for a slightly sweeter topping.
- Up to 1/4 c. of chopped nuts (pecans, almonds, walnuts, or hazelnuts) can be sprinkled over the top before baking.
- Ground almonds or hazelnuts (sometimes called nut flours) or whole wheat flour can be substituted for all-purpose flour in the topping.
- The recipe also works very well with fresh or canned peaches, fresh or frozen apples, fresh pears, or a combination of fruits and berries. Since the cooking time may be affected by using other fruit, check for doneness after about 15 minutes of baking.

Juli (Rohrer) Bey '01



## Dutch Letters

*Dedicated to Joe '06 and Allison (Miller) Schwanebeck '06 and Joel Miller '11*

Dough:

2 c. oleo or 1 c. butter & 1 c. oleo      1 c. cold water

4 c. flour

Mix and Chill

Filling:

2 c. almond paste

1 tsp. vanilla & 1 tsp almond flavor

2 c. sugar (scant)

1 c. coconut to filling (Optional)

3 eggs but save 1 egg white

Chill

This makes 14 Dutch letters so divide dough into 14 balls.

Roll each one out into 14 x 4" rectangle.

Put a roll of filling about 3/4 inch thick down the middle of the dough. Roll ends up first and then cover with sides. Brush tops w/ egg whites & sugar.

Prick every 2 inches to allow air to escape.

Bake 400° for at least 30 minutes or until lightly brown.

Shirley (Van Konynenburg) Borgman '55

Mickey and Cheryl Miller

## **Blueberry Glaze Pie**

*Dedicated to Beth (Norman) Sletta '86*

1 baked 9-in pie crust  
3/4 c. water  
Dash of salt  
2/3 c. sugar OR splenda

2 1/2 Tbsp. cornstarch  
3 c. blueberries (1 c. for pie shell and  
2 c. to cook)

Cook water, salt, sugar, cornstarch and two c. of blueberries until thick and clear. Pour over one c. of fresh blueberries in pie shell. Chill 2-3 hours

Jo (Vandelaar) Norman '52

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## **Trail Mix**

*Dedicated to Alex Adams '06*

Cheerios  
Dry roasted unsalted peanuts

Raisins or dried cranberries  
Dark chocolate plain M&Ms

Combine equal amounts of each ingredient and mix. Divide into single servings in snack-size Ziploc bags.

Betty (Thompson) Adams '73

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## **Cracked Bark**

2 c. chocolate chips  
2 c. peanut butter chips  
2 c. butterscotch chips

2 c. potato chips, crushed  
1 c. nuts, crushed

Melt chips in double boiler. Remove from heat. Add potato chips and nuts. Spread on waxed paper lined baking sheet. Cool. Crack into pieces.

Elizabeth (McInerney) Woods '70

## **Peach Glaze Pie**

*Dedicated to Beth (Norman) Sletta '86*

1 quart sliced, peeled fresh peaches	1 Tbsp. butter
3/4 c. water	Pinch of salt
1 c. sugar or splenda	Baked 9-in pie shell
3 Tbsp. of cornstarch	Whip cream or Cool Whip
1 Tbsp. lemon juice	

Cut up 1 c. of the peaches. Put in pan along with  $\frac{3}{4}$  c. water, cook for 4 minutes.

Mix cornstarch and sugar and add fruit to mixture. Cook until thick and clear.

Add lemon juice, butter and salt. Cool.

Arrange remaining fruit in baked pie shell and cover with cooled glaze.

Chill several hours.

Top with whip cream or Cool Whip when serving.

(Eat same day as prepared, otherwise crust gets soggy)

Jo (Vandelaar) Norman '52

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## **Kefir**

In a clean glass put a dollop of kefir

Fill glass with milk

Cover the top of the glass so it does not collect dust

Leave the covered glass of milk out in the room for a day or two

It is ready to eat

Before you eat it put a Tbsp. or two in a clean glass and start another batch

Also consider adding some flavoring like strawberry jam and mix it up then eat.

Dave Booth

## Flourless Peanut Butter Cookies

2 c. peanut butter (crunchy for the added texture)	2 tsp. baking soda
1 c. white sugar	1 tsp. vanilla
1 c. quick oats	2 egg - beaten

Preheat oven to 350° and grease cookie sheets.

Beat together peanut butter, sugar and vanilla in a large bowl with until smooth. Add beaten egg, baking soda, and oatmeal to peanut butter mixture and beat until well combined but do not over-mix.

Roll 1 tsp. of dough into a ball and place on cookie sheet.

Place dough balls one inch apart on cookie sheet and flatten with tines of fork making a cross pattern.

Bake until puffed and a golden pale, about 8 minutes.

Cool cookies on baking sheet about 2 minutes and then transfer with spatula to rack to cool.

May be kept in air tight container at room temperature for 5 days.

Makes about 4 dozen cookies.

You can add other "goodies" to them to dress it up: peanut butter chips, chocolate chips, nuts, or any other kind of baking chips.

Brenda Strong '82

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## Sweet Scrabble

2 sticks of butter	1/2 c. corn syrup
2 c. of brown sugar	1 box of Crispix cereal

Melt all ingredients and bring to boil for 1 1/2- 2 min. Pour over approximately 18 oz. of Crispix Cereal and stir. Microwave on high for 4 minutes stirring every min. Continue to stir as the cereal cools.

Kristin Brodie '10

## **Cranberry Cashew Drop Cookies**

1 c. butter, softened	1 tsp. baking soda
1 c. packed brown sugar	1 tsp. salt
1/2 c. sugar	1 pkg. (10 to 12 oz.) white baking chips
2 eggs	1 c. chopped cashews
1 tsp. vanilla extract	1 c. dried cranberries
2 1/4 c. all purpose flour	

In large bowl, cream butter and sugars until light and fluffy, beat in eggs and vanilla (about 3 minutes). Combine the flour, baking soda and salt. Gradually add to creamed mixture and mix well. Stir in chips, cashews and cranberries.

Drop by rounded tbsp. 2 inches apart onto ungreased baking sheets. Bake 350° for 9-11 minutes. Yields 4 ½ dozen

**Ben Hedrick '12**

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## **Peanut Butter Balls**

*Dedicated to Robert Woodle '15*

1 c. peanut butter	1 c. mini chocolate chips
1 c. honey or ¾ c. agave nectar	1 c. Oatmeal
1 c. whey protein powder	1 1/2 c. Flax seed

Mix peanut butter, honey (agave nectar) and whey protein powder. Add chocolate chips, oatmeal and flax seed. Roll into a 1-inch ball and then refrigerate (or freeze).

**Park '76 and Dr. Susan Woodle**

## White Chocolate-Dipped Strawberries

4 oz. imported white chocolate (such as Tobler or Lindt), chopped  
12 large strawberries with stems  
2 oz. bittersweet (not unsweetened) or semisweet chocolate, chopped and melted

Line baking sheet with waxed paper or foil. Melt white chocolate in top of double boiler over barely simmering water, stirring until smooth. Remove from heat. Hold 1 strawberry at stem end and dip halfway into chocolate, tilting pan if necessary. Shake excess chocolate back into pan. Place berry on prepared sheet. Repeat with remaining berries. Refrigerate until chocolate sets, about 30 minutes.

Spoon melted bittersweet chocolate into pastry bag fitted with small tip and pipe over white chocolate portion of strawberries in zigzag lines. Refrigerate until chocolate lines set, about 10 minutes. (Can be prepared 5 hours ahead. Cover and refrigerate.)

Robert Hogan '76

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## Pumpkin Crumb Cake

1 (15 oz.) can of pumpkin	1 tsp. salt
1 (12 oz.) can of evaporated milk	1 pkg. of yellow cake mix (Recommend: Pillsbury Classic Yellow)
1 c. sugar	3/4 c. of butter, melted
3 eggs	1/2 c. of chopped walnuts or pecans
1 tsp. cinnamon	
2 tsp. pumpkin spice	

Mix pumpkin, evaporated milk, sugar, eggs, cinnamon, pumpkin spice and salt together. Pour into a lightly greased 9 x 13" pan. Sprinkle yellow cake mix evenly over pumpkin mix. Drizzle with melted butter and top with nuts.

Clayton '10 and Taylor (Vander Well) Boeyink '13



## Strawberry Ribbon Cheesecake with Chocolate-Dipped Berries

### Strawberry Filling

2 1/2 c. coarsely chopped hulled  
strawberries (about 1 1/2 one-pint  
baskets)

1/2 c. sugar  
2 1/2 Tbsp. cornstarch

### Cookie Crust

2-5 1/2 oz. packages Pepperidge  
Farm shortbread cookies  
3 Tbsp. unsalted butter, melted  
2 Tbsp. water

1 tsp. vanilla extract  
2 oz. bittersweet (not unsweetened)  
or semisweet chocolate, chopped  
and melted

### Cheesecake Filling

4 8-oz. packages cream cheese, room  
temperature  
1 1/2 c. sugar

4 large eggs, beaten to blend, room  
temperature  
2 tsp. vanilla extract

### Sour Cream Topping

1 1/2 c. sour cream  
3 Tbsp. sugar  
1 tsp. vanilla extract

2 oz. bittersweet (not unsweetened)  
or semisweet chocolate, chopped  
and melted

### 12- Dipped strawberries

For strawberry filling: Bring all ingredients to boil in heavy small  
saucepan, stirring constantly and crushing berries slightly with back of  
spoon. Boil 2 minutes to thicken; stirring constantly (mixture will be  
slightly chunky). Pour into bowl and cool completely.

*(Continued on next page)*

For crust: Position rack in lowest third of oven and preheat to 350. Butter 9-inch-diameter spring form pan with 2½-inch-high sides. Blend cookies in processor until almost pasty, stopping occasionally to scrape down sides of bowl, about 3 minutes. With machine running, add butter, water and vanilla through feed tube and blend until mixture adheres to sides of work bowl. Press mixture firmly into bottom and 1¼ inches up sides of prepared pan. Refrigerate 15 minutes. Bake crust until golden brown, about 10 minutes. Transfer to rack and cool. Reduce oven temperature to 325. Pour melted chocolate into bottom of crust. Spread with back of spoon. Chill until firm, about 10 minutes.

For cheesecake filling: Using electric mixer, beat cream cheese in large bowl until smooth. Gradually add sugar and beat until fluffy. Add eggs and vanilla and beat just until smooth, stopping occasionally to scrape down sides of bowl. Ladle half of filling into crust. Place cheesecake on baking sheet. Bake until filling is barely set, top looks dry and filling moves in one piece when pan is shaken, about 35 minutes. Cool 20 minutes. Leave oven on.

Gently spoon strawberry filling over cheesecake layer, beginning at outer edge and ending in center to cover completely. Bake 15 minutes.

Gently ladle remaining cheesecake filling over strawberry layer, beginning at outer edge (filling will be higher than crust sides). Bake until edges are set and center moves slightly when pan is shaken, about 50 minutes.

Meanwhile, prepare topping: Mix sour cream, sugar and vanilla in bowl.

Cool cake 5 minutes. Maintain oven temperature. Spoon topping over cake. Bake 10 minutes. Transfer cheesecake to rack and cool. Run small sharp knife around top edge of cheesecake to loosen. Refrigerate overnight.

Spoon melted chocolate into pastry bag fitted with small tip and pipe over cheesecake in zigzag lines. (Can be prepared 1 day ahead. Cover and refrigerate.) Remove pan sides. Transfer cheesecake to platter. Arrange dipped berries around edge of cheesecake.

## **Yum-Yums – Aunt Linda Goeldner**

*Dedicated to Stephanie Ruzicka '11*

1 Tbsp. plain yogurt

3/4 c. sugar

4 Tb. Lemon juice

2 bananas, diced

1-16 oz. can drained crushed

pineapple

1 c. chopped walnuts (optional)

1/2 c. chopped maraschino cherries

Red food coloring

Mix yogurt, sugar and lemon juice. Add diced bananas and remaining ingredients. Add a touch of red food coloring. Mix and place in foil-lined muffin tins. Freeze. Serve as needed. Makes 14 to 22.

Chris Ruzicka

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## **Yummy Slush**

*Dedicated to Adam Gregg '06*

3 c. sugar

6 c. water

2 pkg. Kool-Aid

1 large can pineapple juice

12 oz. can frozen lemonade

2 Big Bottles of Diet 7-up

Mix well and freeze 24 hours. I use an ice cream bucket with a lid. Keeps for at least 2 months. Before using, set out 20 minutes or so. Scrape and scoop into a glass filling about 1/3 to 1/2 full then add diet 7-up. Will become slushy. May use a straw & spoon. Or may add 2 large bottles of diet 7-up to make a big punch to serve out of a punch bowl. Any flavor kool-aid is OK, Orange or Lemon/Lime are great! I sometimes make two flavors by cutting the recipe in 1/2 for each flavor.

Carol Gregg

## Easy Pie Crust

10-inch

Measure into a medium mixing bowl:

2 c. flour

3/4 tsp. salt

Pour in:

1/2 c. salad oil

1/4 c. milk

Now, VERY gently, stir with a fork just enough to gather up the dough into a single ball. Lift it out of the bowl and on to a large square of waxed paper. Flatten the ball of dough gently with your hand, then lay another piece of waxed paper on top of the dough so that it can be rolled out into a circle with a rolling pin. After rolling flat, remove the top piece of waxed paper and flip the dough-side down onto a 10" pie plate. Remove the other piece of waxed paper by it peeling away from the now upturned crust in the pan. Gently remove any extra crust from the edges with small knife or scissors so that the dough fits the pie plate. The edge can be pinched around the top to form a simple pattern. Some recipes will call for a second crust to go on top of the filling. If top crust is used, poke holes in it with a fork to allow air to escape while baking. Bake as directed by pie recipe.

The trick to making light pie crust is in handling it as little and as gently as possible. It helps also to roll it out on a cool surface.

Jennifer (Gates) Giezendanner '77

## Key Lime Pie

- 1 (3-oz.) box sugar-free lime flavor gelatin
- 1/4 c. boiling water
- 2 (8-oz.) containers key lime pie flavor light yogurt
- 1 (8-oz.) container frozen fat-free whipped topping, thawed
- 1 prepared 9 inch reduced-fat graham cracker pie crust

In large bowl, dissolved gelatin in boiling water. With wire whisk, stir in yogurt; fold in whipped topping. Transfer mixture to prepared crust; refrigerate overnight, or at least two hours. Serves 8.

Audrey (Roorda) Henry '54

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## Chocolate Trifle

*Dedicated to Andy Hartwig '06*

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|--|--|
| 1 pkg. brownie mix                         | 1 (8-oz.) container Cool Whip  |
| 1 (3.9) pkg. instant chocolate pudding mix | 1 (12-oz.) container Cool Whip   |
| 1/2 c. water                               | 1 Heath candy bar, crushed (or use mini chocolate chips for the topping) |
| 1 (14-oz.) can sweetened condensed milk    |  |

Prepare brownie mix according to package directions and cool completely. Cut into one inch squares. In a large bowl, combine pudding mix, water, and sweetened condensed milk. Mix until smooth, then fold in 8 oz. Cool Whip until no streaks remain. In a trifle bowl or glass bowl, place half of brownies, half of the pudding mixture, and half of the 12 oz. Cool Whip topping. Repeat layers. Sprinkle with Heath bar or chocolate chips on top. Refrigerate 8 hours before serving.

Kay-Nelle (Slatkoski) Hartwig '74



## **Chocolate Sheet Cake**

*Dedicated to Denise Barnard '02*

1/2 c. milk	3 Tbsp. cocoa
1 tsp. lemon juice	2 c. sugar
1 tsp. baking soda	2 c. flour
1/4 lb oleo	2 eggs
1 c. water	1 tsp. vanilla
1/2 c. shortening	

Combine milk with lemon juice and baking soda and set aside. Bring to a boil oleo, water, shortening and cocoa. Pour mixture over sugar and flour and mix. Beat well. Add beaten eggs and beat again. Add milk mixture and vanilla and beat well. Pour into cookie sheet pan and bake 20-30 minutes and 375°.

Frosting for cake:

Bring to a boil 1/4 lb. oleo, 3 Tbsp. cocoa and 5 Tbsp. milk. Remove from stove and add 1 lb. powdered sugar and 1 tsp. vanilla. Mix well and spread over cake while still warm.

**Mary Barnard**







